



## Project Partners:

- Kirikkale Milli Egitim Mudurlugu, Turkey
- Universidade dos Tempos Livres, Portugal
- Bit Schulungcenter Nfg. GmbH & Co KG, Austria
- CREA centro per la creatività educativa social cooperative society, Italy
- Pontus Iuventae Foundation, Hungary
- Starostwo Powiatowe w Będzinie, Poland
- Stakliskiu vidurine mokykla, Lithuania
- ASOCIATIA ECOMOND, Romania

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## Dear Friends,

*During the period of this project we reached a lot together. Every day we have in our minds that we have to help each other to be healthy. Maybe before this project our view to life and living was a bit different but I believe that this project helped us to improve our lifestyle.*

*We are trying to show to ourselves and to others that healthy and active life can be interesting and can give us more than unhealthy. I think that during every activity in our organisations more and more people are involved and get interested in healthy living. I believe that at the end of this project we will feel vicarious pleasure.*

*By collaborating and sharing our ideas and experiences in healthy lifestyle we can reach a lot. We can encourage firstly a heightened awareness of health and active lifestyle through a multicultural context and secondly*

*the positive effects of living such a diverse European Union.*

*I believe that this experience will not let us to forget that an active lifestyle provides important physical and mental health benefits.*

If we do not care about our health we will not be happy and could not live full-rate life.

Be active and you will feel the power of your life. Show to others that active and healthy life can give new opportunities and can help them to feel more



self-confident.

Everyone must take care about their health and think how to live better and healthier lives. Our purpose is to be an example to others so do not forget to share your good experience that you gained from this project.

Gerda Juodsnukytė, Lithuanian partner

## Healthy Lithuanian herbal drink

### Lavander tea



### Ingredients for 8 cups

2 1/2 tbsp. fresh lavender petals (if dried and crushed 4 tsp.)  
3/4 cup fresh mint leaves (if dried and crushed 4 1/2 tbsp.)  
Sugar (or better HONEY)  
8 cups of water

### Preparation

Boil the water and put herbals into the cup. Then cover the cup and leave for 5 minutes. After then add sugar or honey. Serve warm not hot.

## ***Aerobic training with one of the most famous Hungarian aerobic trainers***

In the summer the Pontus Iuventa Foundation's team took part in some trainings of Rubint Réka, one of the most famous Hungarian trainers. On the event we advertised the international Grundtvig program called Heyday of Health. The Foundation is a

In the summer the Pontus Iuventa Foundation's team took part in some trainings of Rubint Réka, one of the most famous Hungarian trainers. On the event we advertised the international Grundtvig program called Heyday of Health. The Foundation is a committed promoter of healthy nutrition, training and lifestyle, our aim was that people join the running and get to know the program. The Foundation presented custom t-shirts for the participants, showing the availability of the blog, where we upload articles about healthy nutrition and lifestyle and event notices.

### **Why is aerobic good for us? Why we need to know more about aerobics?**

Without a doubt, aerobics are particularly helpful for weight control. Research consistently shows that regular physical activity, combined with healthy eating habits, is the most efficient and healthful way to control your weight. Following a regular aerobics program gives you a sense of commitment and control - two positive mental attitudes that help counteract stress. Aerobics also relax tense muscles, thereby relieving your body's stress response.

### **When is an activity an aerobic activity?**

Aerobic exercise is any extended activity that makes you breathe hard while using the large muscle groups at a regular, even pace. Aerobic activities help make your heart stronger and more efficient. During the early part of exercise, your body uses stored carbohydrate and circulating fatty acids (the building blocks of fat molecules) for energy.

Aerobic refers to any exercise that helps you use oxygen more efficiently by reaching and maintaining your Target Heart Range - the safest range of heart beats per minute during exercise. Calculate your Target Heart Range by subtracting your age from 220 for women and 226 for men (go figure!) and multiplying your answer by 60% and by 80%. The lower number suggests a safe rate for beginners, while the higher number would be your goal as your fitness level improves.



## **Coca Cola Women Run Budapest 2012**

This is Hungary's largest running event for women in Margaret Island.

More than 4000 runners registered to Hungary's largest running event for women, the 17th Coca Cola Women Running Gala in May. Women who chose sports for this day could select from the following distances: 7,5 km run individually, in pairs, 3,5 km run or 2,8 km walking. The event took place on the Margaret Island, a famous recreational part of Budapest, also considered as the running paradise of the capital.

The early summer day greeted the ladies with a very warm weather and sunshine followed by a refreshing rain shower short before the finish. Nevertheless, this could not stop the ladies from having a very good time.



## Healthy food baskets sale

As a part of the "Again Heyday of Health" program and in order to achieve its goals, we've prepared several activities, such as:

- Thematic conferences
- Healthy nutrition workshops

to motivate our students through the use of these activities for several issues of this project, so people can conclude the value of changing their habits, physical and nutritional.

In this way, we've intervened in many aspects of people's lives such as pointing then notions about healthy nutrition and prevention of several diseases

and oral care.

We've developed a market for selling vegetable and biological fruits produced by local producers. This market offer each

week packages or baskets of 5 or 10 kg of various vegetable and fruits with antioxidant properties.



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## Turkish fitness course

**Kırıkkale Provincial Directorate of National Education** has been going on the local activities for the Project since the it was approved in June, 2011. We have organized 2 different fitness course, one of them is for our employees and the second of them is for

housewives.

One of them is; as the directorate ,we organized a fitness course for our employees in the institution for both women and men.

The exercises have been done in the observation and conducting of both female and male trainers. The course starts at 17.00 as soon as we leave the work, we run to the fitness center.



## ECOMOND ASSOCIATION - LOCAL ACTIVITIES

The Ecomond Association developed within the project Grundtvig - "Again heyday of health" several activities based on healthy food, diseases caused by the nutritional disequilibrium's and sport.

The seminars on healthy food topics were: the food and cancer.

- Obesity

- The food and the nutritional diseases
- Traditional food
- Exhibitions with food products
- Displays of books on a healthy food

The sport activities consisted in:

- Sport competitions

(football)

- The competition "The cyclotour of autumn" (bicycles)
- Sport activities (fitness and football) which took place weekly

These trained a great number of participants and enjoyed a great success.





We are on the Web!

<http://heyday-health.blogspot.com>



Main sport activities of the project:

Walking—jogging—running—  
aerobics



*Coming soon* The 4th meeting of our Grundtvig Learning Partnership entitled *Again, Heyday of Health*

**KIRIKKALE MİLLİ EĞİTİM MÜDÜRLÜĞÜ**  
TÜRKİYE, POLONYA, AVUSTURYA, İTALYA, PORTEKİZ, MACARİSTAN, ROMANYA, LİTVANYA

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AVRASYA  
MARATONU'NDA**

**YENİDEN SAĞLIKLI YAŞAM  
Grundtvig Projesi**

**Spor Yap, Sağlıklı Ol, Kansere Karşı Tedbirli Ol**

Newsletter edited by Gerda Juodsnuokyte representing Lithuanian Project Partner.

Newsletter's materials are presented by all project's partners and editor does not take responsibility for their contents.