**Report on the mobility (Training your muscles and hearth) for Erasmus+**

The activities on “Training your muscles and heart” planned for this mobility have been adapted to fit the requirements of the Health authorities. They were designed to contribute to our students’ development of a healthy lifestyle, as we cannot understand “health” without mental and physical well-being and a proper, balanced diet. The workshops were focused on the analysis of their physical activity performance and what they believe having a healthy lifestlye means: their answers to our questionnaires showed a very positive trend in terms of exercise and sport.

Our first task was to work on the students’ physical skills: strength, endurance, agility and power. They had to work in groups of four through several exercises to show these skills: they showed that they were in a very good shape and that exercise/sport is always present in their lives as a must for a healthy lifestyle. The activity started with agility and ROM which led to a cool workout to increase their endorphins and ended with an incredible group challenge called “Titanic: How long does it take to drown?” They reflected their experience on a padlet where they could share their opinion on the workshop.

However, we considered that there was a need to show them the connection between a correct physical posture and a proper performance of exercise/sport: The better your body posture is, the more profit your body will take of your physical activity. That was why we thought of including the workshop UNSTUCK as part of our sessions. Students could realise that there are some muscles we must work with to correct our normal posture to avoid body pain and illnesses. Their reflections on the workshop were shared on lino.it.

Our participant students and teachers were from the four schools. Pupils were in an age range between 13 to 17 years old. Some of them have been in the project since the beginning; others have joined us for this last part. The most important was that everybody was eager to participate. We have counted on the collaboration of the parents and several members of the educational community, such as the Mayor of Torrefarrera, who have addressed our colleagues by means of an online videoconference. The workshops have been conducted by expert coaches who encouraged our pupils with their enthusiasm and expertise. Physical Education is always present as a part of all our schools curricula so, we expect that, in the future, our “ambassadors” will contribute to encourage their mates to join them into their healthy lifestyle challenge.

**Benefits:**  
Despite the fact that we had to adapt the activities to fit an online mobility, our students have shown their eagerness to participate. We must state that, for most of our students sport and exercise have been a key factor when dealing with the lockdown and restrictions this pandemic has brought to our lives: it has contributed to palliate some of the stress this situation has caused. Therefore, these workshops have come to reinforce the knowlegde of their own bodies and to improve their physical condition to reach a healthier lifestyle: they have discovered that, even if they thought they were fit, they need to keep on exercising. They have integrated physical activity, diet and emotional well-being in a time of strong pressure and stress due to the pandemic: exercising (training) has helped them to mantain a positive attitude towards restrictions (mindfulness) as well as to have a balanced diet (food and metabolism). Fortunately, the result has matched our expectations: we have been able to observe that physical activity is fully integrated in their lives.