



Großhansdorf como zona azul

By Zoe Kober, Leonie Pufahl

Familia

What could we do in our families?

- Más actividades al aire libre
- Seguir la regla del 80%
- Cambiar nuestra dietas
- Ir a misa juntos
- Pasar más tiempo juntos





Colegio

What could schools do?

- Integrar más movimiento en la enseñanza
- Clase de filosofía y religión
- Enseñar cómo manejar el estrés
- Hablar de hábitos alimenticios saludables
- Apoyar a los clubes sociales

Pueblo What could d Großhans dorf do?

- Apoyar a los clubes sociales
- Vender más comida mediterránea en supermercados
- Informar sobre estilos de vida saludables
- Ayudar personas con hábitos insalubres
- Construir más parques y aceras



BLUE ZONES



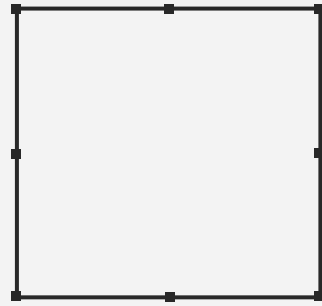
OUR
PLANS

By: Darío Pansard, David Segura, Pablo Sacristán, Javier Ruiz and Adrián Soto.

BLUE ZONE

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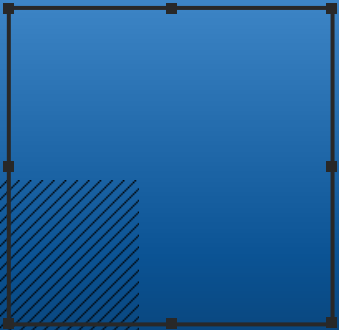
- FAMILY PLANS (Pablo and Adrián)
- SCHOOL PLANS (Darío and Javi)
- TOWN PLANS (David)



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FAMILY PLANS

ABOUT OUR FAMILIES



PABLO AND ADRIÁN

HAVE A HEALTHY AND VARIED DIET



**Eat 4/5 pieces of fruit or
vegetables everyday**



PURPOSE

🎯 Have a purpose everyday day you 🎯
wake up



RELAX TOGETHER



Release stress with our family once a week doing yoga or spending time watching tv



DO EXERCISE



Go for a walk or in bicycle every weekend



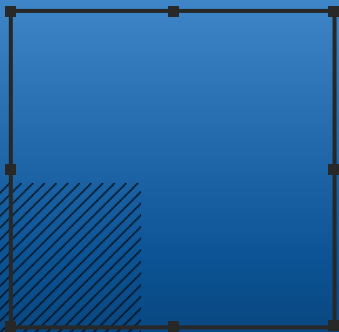
HAVE GOOD FAMILY MOMENTS

Spend time watching films or tv series
□ everyday □



SCHOOL PLAN

ABOUT THE SCHOOL



HAVE TIME TO CHILL OUT



**HAVE 1 HOUR OF A LESSON TO
RELIEVE STRESS AND FORGET
ABOUT SCHOOL WORK TWICE A
WEEK.**



ONLY HEALTHY OPTIONS



**HAVE HEALTHIER FOOD IN THE
CAFETERIA INSTEAD OF SWEETS
AND GREASY FOOD.**



MORE P.E AND SPORT

🏆 HAVE 4 CLASSES OF P.E A WEEK TO INCREASE THE AMOUNT OF SPORT TEENAGERS DO. 🏆



START SCHOOL AT 9:30 AM



**THIS WOULD HELP TENAGERS TO
SLEEP MORE HOURS A DAY.**



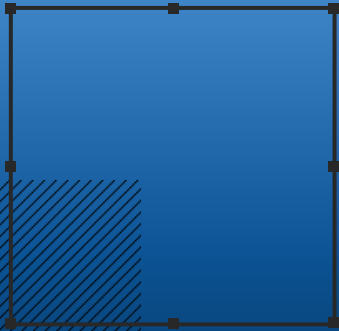
LESS HOMEWORK AND EXAMS

✎ THE REASON WHY TEENAGERS ARE STRESSED IS BECAUSE OF THE HUGE AMOUNT OF WORK WE HAVE TO DO, ✎
SO REDUCING IT WOULD HELP.

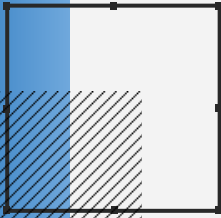


TOWN PLAN

ABOUT OUR TOWN



GROW AN ECOLOGICAL GARDEN 🌱



COMMUNITY GARDENS CAN HELP REDUCE NEGATIVE ENVIRONMENTAL IMPACTS BY PROMOTING SUSTAINABLE AGRICULTURE. IN THIS WAY WE CAN REDUCE FOOD TRANSPORTATION COSTS AND REDUCE WATER RUNOFF. ANY CITIZEN OVER 12 YEARS OF AGE COULD PARTICIPATE IN IT.

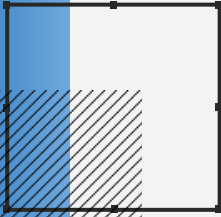


SOCIAL LUNCHROOM

OUR SECOND PROPOSAL IS TO ORGANIZE A SOCIAL LUNCHROOM FOR ANYONE WHO WANTS OR NEEDS TO GO. NO NEED TO HIGHLIGHT THAT ALL MEALS WILL BE BASED ON A PLANT DIET.



IMPLEMENT MORE BIKE LANES



DUE TO THERE ARE FEW BIKE LANES AND IN BAD CONDITIONS IN OUR TOWN, OUR NEXT PLAN IS TO IMPLEMENT MORE. WE THINK THAT THIS IS AN EFFECTIVE METHOD TO MOTIVATE PEOPLE TO RIDE BIKES AND NOT USE CARS.



ENCOURAGE PEOPLE TO PARTICIPATE ON LOCAL ACTIVITIES

ENCOURAGING PEOPLE TO PARTICIPATE ON LOCAL ACTIVITIES CAN HELP YOU DEVELOP SKILLS AND CAN GIVE YOU A WAY TO HELP OTHERS. BESIDES, YOU CAN MEET YOUR NEIGHBORS AND MAKE NEW FRIENDS. YOGA, SOCCER, BASKETBALL AND GAMES LIKE THE SCARF WOULD BE SOME OF THE ACTIVITIES.



ANNUAL MEETINGS

FINALLY, WE WOULD ORGANIZE ANNUAL MEETINGS TO LISTEN TO ALL OF THE CONTRIBUTIONS OF THE CITIZENS AND IMPROVE IN THE NEGATIVE ASPECTS OF OUR TOWN.



THANK
YOU

