

- 5 meals a day like in the pyramid
- No fast food or junk food
- Cook with family and friends, e.g. Polish speciality PIEROGI



AN APPLE A DAY KEEPS THE DOCTOR AWAY



Be active and remember -
YOU ARE WHAT YOU EAT!

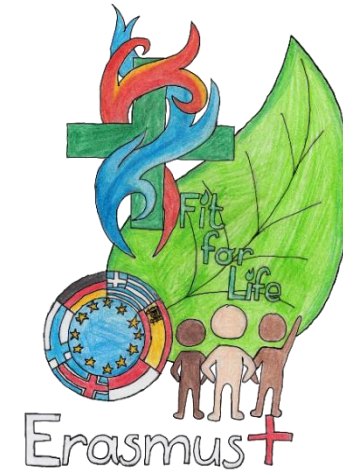
GERMANY: RESPONSIBLE CITIZEN

Being a responsible citizen has many aspects:



and affects your daily life

➤ **keep in mind!!**



This guide is a common product of the Erasmus+ Project „Fit for life” 2019 - 2022



ICELAND: SOCIAL COMPETENCE

How we act and react in different social contexts is very much dependent on whether we feel our basic needs are being fulfilled or not.

These basic needs are:

The need for survival

The need for belonging

The need for power

The need for freedom

The need for fun

Knowing yourself and understanding which needs are your most dominant is important for your self-esteem and promotes **focus and self-control**. Not only does it help you understand your own behavior and reactions, but it will also help you to better understand how other people function. It will strengthen the ability to show others **tolerance** and **empathy, communication, collaboration** and **problem solving**.

Social skills can be learned and trained just like any other skill and in fact we should practice these skills in the same way as we do others, by consciously honing them throughout our lives.



SPAIN: SPORTS



➤ Sports play an important role in a healthy lifestyle and that is why Spain chose to work on it.

➤ We started with traditional Canary sports *Bola Canaria* and *Lucha Canaria* where students



developed balance and precision.

➤ Then they learnt water sports such as Kayaking at the sailing school in Puerto Rico. They worked physical strength, equilibrium and team work.



GREECE: CULTURE



Culture

is essential for enjoying a fit life:

Always get sure to spend time with:

- Music
- Dancing
- Theatre
- Heritage
- Literature



Traditional dancing at the school



Visiting the ancient ruins of Delphi