



Good practice book of healthy habits

Erasmus+

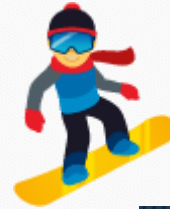
Green Power against Noise Pollution



Sport habits

How important is physical activity?

Regular exercise and physical activity promotes muscles and bones. It improves health. Staying active can also help to maintain a healthy weight, reduce your risk, for some diseases or depression and anxiety.



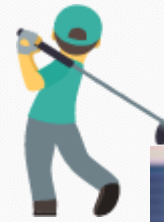
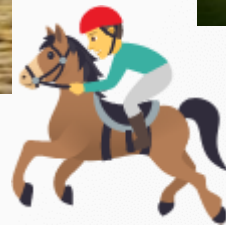
Which sport fits you?

There are many different sports that one can practice. And to find out what the current generation of young people do, we used a survey to ask students from Spain, Poland, Denmark and Norway about their sport habits.

The survey shows there are many different sports. Some are pretty common and others are completely unknown.

From ball sports, to fight sports/martial arts, to any kind of dancing, to walking/running, everything is there.

Even golf, horseback riding or Chinese racketball.



Recommendation - physical activity

WHO (World Health Organization) defines physical activity as: "Any bodily movement produced by skeletal muscles that requires energy expenditure." This means it includes any kind of activity, even if it is not considered a sport like walking or hiking.

Ideally, young people should be physically active for at least 60 minutes a day or more. A current recommendation for children and teenager provides for around 10-12,000 steps a day.



Survey on sport

We have made a survey on sport habits amongst the students at the schools in our Erasmus project. 456 students answered the survey. They distributed as follows:

1. Where do you live? ;)

[Flere detaljer](#)

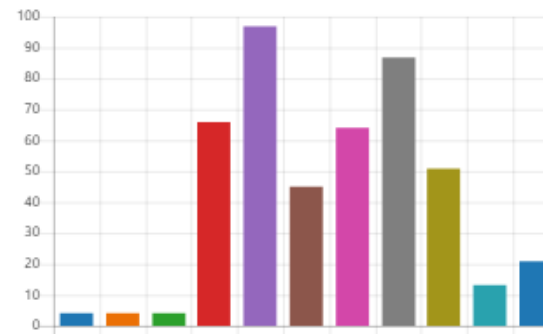
Denmark	100
Norway	204
Poland	49
Spain	103



2. How old are you?

[Flere detaljer](#)

10(-)	4
11	4
12	4
13	66
14	97
15	45
16	64
17	87
18	51
19	13
20(+)	21



3. Which sport do you practice?

53 different sport activities. The largest one being football (soccer): 82.






Then there is a leap down to basketball (26), gymnastics (25), dance and fitness (20) and volley ball (19).

There are all together 15 sports that only one single student does. There are ballet, free ride biking, cardio, cheer leading, chinese raquet ball, enduro, floor ball, jumping jacks, power tumbling, skate boarding, skating, snow boarding, stretching and table tennis.

108 students do not practice any sports.

4. How many times a week do you practice this sport?





[Flere detaljer](#)

 Less than once a week	124
 1-2	130
 3-4	137
 5-6	49
 7+	16



5. How common is this sport for people of your age in your town or your country?

[Flere detaljer](#)

 Very common, almost cultural	83
 Common	235
 Rare	71
 Unknown	67



6. What is so special with the sport you practice?

"It's fun"

"The progression"

"It makes me feel good afterwards"

"I'm in the nature"

"I don't really know"

"The adrenaline rush"

"It makes me feel relaxed and good afterwards"

"It's a team sport"

"It makes me happy to move my body."

7. To which degree has the corona-virus affected your sport?

[Flere detaljer](#)

Promotører	134
Passive	88
Negative	234



Group 2, Food. School lunches in Norway.



Homemade chicken taco with vegetables. The usage of chicken breast and whole grains tortilla is what makes this taco healthy. The vegetables I used in this taco are lettuce, cucumber, radishes, and some cilantro. I taco was also very tasty.



Homemade baguette with scrambled eggs, ham, and cheese. All of these fillings add to the health benefits of eating this baguette. It is important to note that ham and cheese are only healthy with limited consumption.



These chicken chiabattas with paprika, tomatoes, cucumber, onions, sprouts, mayonnaise, and eggs are sold in our canteen for 4,5€ each. (5,4\$). If you in addition to that also want a drink, that will cost you 2,5€ (3\$). The amount of vegetables and eggs used in these baguettes make them quite healthy,

School lunches in Denmark



Homemade packed. There is a rye bread with tuna and one with mackerel and one with liver pate and one with meat sausage and some apples and carrots. This food is healthy and has many good things that your body needs and so it tastes good too. and all this is bought from the supermarket.



Homemade packed lunch with rye bread with frikadeller. this is a bit like the same as the other so it's good for you and it's healthy and then it tastes good too and all this is bought from the supermarket.



If we were in school right now, there would be many who got a sandwich from the canteen. in that sandwich there is mostly white bread and chicken and a lot of different salads in. it is not as healthy as the others but tastes better. And it costs 20 kroner and 2,69 Euro

School lunches in Spain

Eating in our school canteen costs 100€ per month, three days a week 75€, two days a week 50€ and single days 6€

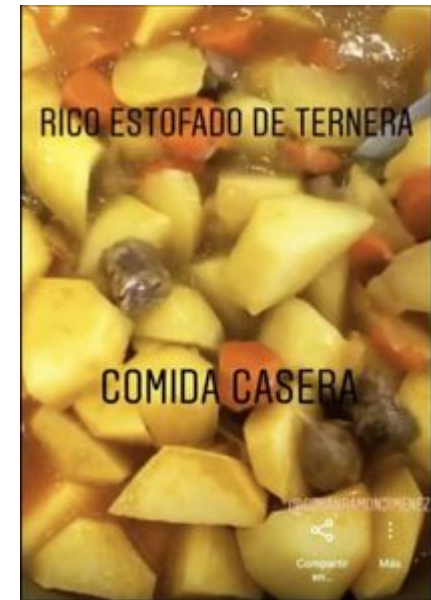


It is a tray from our school canteen that has a plate of stew, its ingredients are: beef, potatoes, onion, paprika, bass, carrots, celery, aurore and red wine. This meal can be accompanied by a few slices of bread.

Another dish on this tray is a side salad, made with cucumber, onion, tomato and lettuce dressed with oil, salt and pepper. A very complete and salutary meal!



It is a homemade dessert in our school canteen, it is like a skewered diced pork but with fruit, especially banana and orange, a fun way to make our students eat fruit! So it is pretty healthy!



This dish is beef stew very similar to casserole, it is made with veal, onions, garlic cloves, large carrots, medium potatoes (Galician if possible), tablespoons of extra virgin olive oil, glass of red wine, salt and freshly ground black pepper (to taste), meat broth recipe, large tomatoes, bay leaf, oregano, fresh parsley, thyme and rosemary. It is very hearty.

School lunches in Poland

In Poland we don't have lunch, we have a second breakfast instead. We usually eat bread with cheese or ham. It is a cold meal. Then at 3 p. m or a little bit later we eat dinner. In Poland the most important vegetable is the potato:) The last meal is supper in the evening.



Here is a dish called "jajecznica". Jajecznica has long been known in Old Polish cuisine. In many encyclopedias (especially in the "Old Polish Encyclopedia") it was even referred to as the favorite dish of Poles. The traditional recipe said: scrambled eggs are a dish made of eggs fried in butter and lard, with the addition of chives and/or sausage.



Pierogi are pieces of thin, flexible and well-sticking dough filled with a variety of stuffing and boiled in water or steamed, baked, fried or grilled. You must try them.

Healthy Sleeping Habits 🌙

What do you define as healthy sleeping habits? If you ask a scientist, that studies sleeping habits, they will say that you would have to set a consistent sleep schedule, create regular bedtime rituals, get regular exercise, keep a healthy diet, avoid alcohol, avoid bringing your phone to bed, etc... But if you ask a teenager about healthy sleeping habits, they will most likely say different things according to their own needs. Some will say a healthy sleeping habit is to take power naps after school, others will say that power naps would mess up their sleep schedule.



Healthy Sleeping Habits 🌙

How do we achieve a good night's sleep?

- 1 - Regular sleep schedule
- 2 - Relaxing bedtime routine
- 3 - Avoid stimulants
- 4 - Good sleep environments
- 5 - Block out noise and light
- 6 - Use the bed just for sleeping purposes
- 7 - Do exercise
- 8 - Healthy eating habits



What can you do if you can't sleep well?

If your sleep schedule is erratic or just not where you want it to be, there are ways to get it back on track. In many cases, setting a pre-sleep routine, adjusting some daytime habits, and developing an awareness of your particular sleep needs will help you. With a little planning, you can sleep easier, get the right amount of sleep, and wake up to feel well-rested.

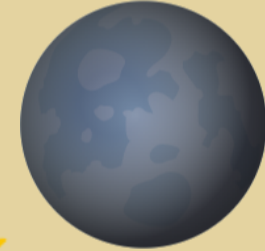




Healthy Sleeping Habits

Which position is the best to sleep in?

For young, healthy people, sleep position is less important, Salas says. "But as you get older and have more medical issues, sleep position can become positive or negative."



Side position:

- When done correctly with the proper body alignment, sleeping on your side can reduce both joint and low back pain, as well as chronic pain associated with long-term conditions like fibromyalgia.
- Another benefit to sleeping on your side is reduced snoring, a common symptom seen in obstructive sleep apnea



Sleep on your back:

- Keeps your spine aligned.
- Reduces tension headaches.
- Helps chronic conditions by reducing pressure and compression.
- Relieves sinus buildup.
- Avoid creases, wrinkles, and irritated facial skin.



Fetal position:

- Not only is it great for lower back pain or pregnancy, sleeping in the fetal position can help reduce snoring.
- Unfortunately, sleeping in the fetal position also have a few downsides.
- Make sure your posture is relatively loose, otherwise your comfy position could limit deep breathing while you snooze.

Healthy Sleeping Habits

Questions:

1. How many hours of sleep do you get?
2. Do you bring your phone to bed?
3. Do you participate in any activities throughout the day?
4. What do you define as healthy sleeping habits?

Interviews:

Denmark

How many hours of sleep do you get?

Do you bring your phone to bed?

Do you participate in any activities throughout the day?

What do you define as healthy sleeping habits?

Det er til min gruppe

1. 8-10 timer. 2. Ja. 3. Nogle gange. 4. En hvor man ikke vågner

1. 8-10 hours
2. Yes
3. Sometimes
4. One where one does not wake up

Norway

1. How many hours of sleep do you get?
2. Do you bring your phone to bed?
3. Do you participate in any activities throughout the day?
4. What do you define as healthy sleeping habits?

1. It varies! Sometimes if I am lucky I get 6 hours of sleep, other times I only get 2-3 hours.
2. Yes I always use my phone in bed right before i go to sleep.
3. I sometimes take a walk.
4. I would define a healthy sleeping habit as having a routine where you go to sleep and wake up at the same hour every day. And also getting more than 8 hours of sleep.

WHAT DOES GOOD MENTAL HEALTH MEAN TO US?



Lise, Luis and Karina

Staying active in your daily routine.

Connecting with friends and family

Doing things that makes us happy

Going to the beach

Having fun

Do the sport you like the most

Making our own limits

Relaxing when you have to

Spending time with friends

Avoid negativity

Sources

Cordeiro, B. (2014, April). 8 healthy sleep habits. From

<https://www.mdanderson.org/publications/focused-on-health/healthy-sleep-habits.h13-1589046.html>

The full survey results on sport habits

<https://tinyurl.com/35wuj4wt>









