

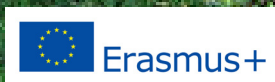


Sport and Inclusion •

• for an **Healthy Lifestyle**



cofinanziato dal programma europeo Erasmus+





Palermo 2016

Photo in front cover: "The magic circle" by Lidia Borella
Winner of the International Photo Contest "Wellness and healthy lifestyle", category Healthy Selfie

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Description of the Project

“Sport and Inclusion for an Healthy Lifestyle - SI Health” is a transnational youth initiative whose main aim is to promote healthy behaviors for all in an inclusive perspective of sport. The results of the last survey by the Eurobarometer on Sport and Physical activity, reports that the 59% of the European citizens declared to never practice physical exercise or sport or practice it just a little; physical inactivity is even greater among people with disabilities. The project has been generated from the will of an Italian and a German group of young people and young people with disability to experience and promote an inclusive dimension of sport able to overcome the physical barriers and to stimulate cooperation between disabled and able-bodied people. The project will had a total duration of 12 months, from 1 July 2015 to 30 June 2016; the activities were implemented at the same time and in cooperation in Bremen and in Palermo by two groups of 12 young people, who deepened topics as healthy lifestyle and healthy eating and who experienced some possibilities of inclusive sports, they compared the attitude toward sport and physical exercise in their home Countries and the possibilities to practice sport offered to disabled people; in this way they became able to raise social awareness about the importance of an healthy lifestyle and to spread the practice of inclusive sports, while disseminating the European values of equality, non discrimination, tolerance and solidarity, acting as active citizens and promoting the international cooperation and exchange of good practices.

In particular the participants managed and implemented the following activities:

- A preparatory phase with the implementation round-tables, debates and group discussion activities on the project and the themes of healthy lifestyle, healthy eating, sport and physical activity among the participants and with the occasional participation of athletes (able-bodied and disabled), personal trainers and a dietician.
- Workshop for the preparation and conduction of an online survey about the practice of physical activity.
- Workshops for the exploration of inclusive sports that can be played together by disabled and able bodied people: Drums Alive, integrated soccer/wheelchair soccer, pentaque, sitting volleyball, baskin.
- Social awareness campaign on the theme of healthy lifestyle, physical exercise and inclusive sport for students and organizations.
- Workshop on planning and realization of a video-spot to be disseminated on web to raise social awareness on the importance of physical activity for all.
- Creation of an international photo competition on the theme of well-being.
- Writing of articles, up-dating of blogs and the project web-site, broadcasting of web-radio transmissions.
- Final seminar with the participants as speakers and the involvement of professionals in the project field.
- Workshop on the creation of this special booklet that resumes the project’s history, purposes and results.

The project foreseen two international meetings, one at midterm and the other on the penultimate month of the project, during which six representatives of each group visited the partner organization for the realization of two days of joint activities.

Methodology

The applied methodology was entirely based on the peer education, an inclusive approach and learning by doing ensuring the active participation of each participant through the work in groups and the task division. The participants cooperated in the decision making process creating a “work in progress” course of the project.

Main results

■ Healthy Living and Neighborhood

A discussion during the Bremen meeting of the Strategic Youth Partnership done by Uniamoci Onlus, Palermo, and Diakonisches Werk Bremen in the European Union Erasmus+ program, put a focus on the questions how neighbors might support each other with healthy living. A first question was: What do you wish that your neighbor might do (or not do) to support your healthy living and – second question – what are you prepared to do yourself for this purpose of the people living next to you?

The results showed in a vast majority of issues related to noise and noisy behavior, especially during night and free time. Whether it was a question of TV, night-long guitar playing or high heels clacs in the flat above of your head and machinery for garden works – here are many causes for neighborhood complaints but on the other hand many points where a good neighborhood might start with some attentiveness to other people’s health. Difference between age groups, way of living or a German / Italian “mentalities” were not important points in this issue. A general good communication between people living in neighborhood was another great wish that nearly all participants shared. Probably many people who see their neighbors engage in sport activities in the quarter or around the place of living would like to be asked or invited to join and would probably be prepared to share efforts and be helpful – but some indeed doubt if their neighbors would be prepared to “accept help”. At this point, we see an important issue in relation to the post box: Many people are uneager about a post box overflowing with letters and advertisement papers when they are away from home. It was mentioned that such uneasiness might even risk the healthy success of holidays, rehabilitation or care stays – and this is not an issue of “elder people” but obviously shared by all generations and mentalities, as our discussed showed. So, good neighbors might indeed promote the health of each other when giving each other reliable assurance at this point.

■ Video-spot SI Health

A video-spot completely created by the participants, from the script writing, to acting and filming, till the editing. The aim of the video is to raise awareness on the importance of healthy eating and doing physical activity. The video was widely disseminated on the social networks.

The main scenes of the video were filmed in the Brancaccio district, a disadvantaged area of the city of Palermo, giving the message that people have the possibility to do sport everywhere. It was also an occasion for the group of participants to interact in a positive way with the people and the local tradespeople.

Look for “Spot SI HELATH” on YouTube:
<https://www.youtube.com/watch?v=kzF-40qHsHo>



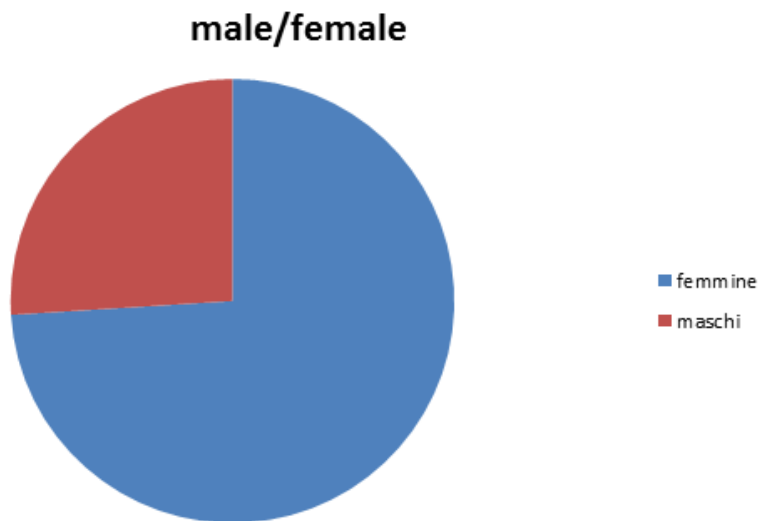
■ Results of a survey about the people's eating and sport habits in Bremen

The panel was 115 persons (not everyone answered every question and there were multiple choice, so not every answers to question sums up to 115), 68% female, 32% male and 73% younger than 20 years, 27% between 20 and 35 years old. One participant remarked own disability another mentioned health problems that hinder to do sport (the groups are indeed open for disabled persons. Just one tenth of the participants reports that they meet disabled persons at places where they do sport, so the experience of inclusive sport is not a current one for our participants.

We looked especially for gender differences but found at most points the same tendency by both groups. We found some obvious lifestyle clustering, too – always having in mind that our panel is too small for decisive conclusions about youth trends in general.

More than half of the participants (women and men) think they actual lifestyle is “sufficient” for their health, 28% are rather for very skeptical about this, whereas 16% think their lifestyle is “very good” for their health (see specifics below).

Most participants eat between 1 and 4 rations of fruits and vegetables a day (around 45% 1-2, 37% 3-4), where young women tend to eat more rations than man (44%:22% in the group 3-4 pieces, but more men take the higher quantity of 5 and more – one might say that men who eat these products at all, tend to eat larger quantities) 7%, identical with boys and girls, eat none at all.



Water is the drink that young people drink “often” or “at every opportunity” and both sexes agree here at about 90% when both categories are put together but here with the choice and quantity of drinks we see a most important gender difference, which goes along – at least in Germany – with “gender role pictures”. Young men drink less pure water regularly than women (“at every opportunity” women 44%, man 22%) and the corresponding difference seems to be the drinking of carbonated drinks, where men choose “often” at 59% and women at 28% - the categories “seldom” shows women at 22%, man at 8%. Indeed young men are less abstinent with beer and wine (30% women drink it never, 13% of men) and men drink this “here and then” or “often” at 44%, while women at 24% – a well-known and often reported picture in Germany. The difference in relation to “spirits” is less clear and one sees here even a slight surplus on the female side: Men are a bit more abstinent and the relation in the two middle categories of “rare” and “here and then” are 75% (female) to 48% (male), whereas the numbers if the two highest categories are put together are identical at 2-3% (but this are obviously only 3 persons, so one must not over-interpretate these values), but certainly young women are not “excused” from health risks by alcohol use.

When asked about the food preference and choice criteria we see no considerable difference in gender: “own taste” is for both sexes the criterion number one (77%), followed by price (43%) and then nourishment value (20%). As most used the multiple choice possibility in this paper questionnaire one sees very clearly: No one would eat or drink something “healthy” that does not taste him or her, as even those who look for the value of nourishment made their cross with “own taste”, too. In the next question which asked for the more subjective side of choice, only 4% said they look “very much” for healthy food and 20 % (some more the girls, indeed) make some choice against fat and fried food. About 40% “try it all”, where boys state a bit more outspokenly that they “eat what I like” (54%) than girls (32%). Obviously, young women a bit more “fat-conscious” than men in their choices. But there is in our results at least no real gender difference in the way the young people see themselves and their possible weight problems: 57% see no problems, 25 % feel over- and 9% underweight (rest goes without comment).

In the questions about sport, there is a basic fact that the young people move much around on foot (63% more than 1 hour a day). The quantity of sport differs more: More girls than boy do no sport at all (33:16%) and half of them do it once a week. The other values do not differ much between the groups and are 22% three time and 19% “every day”. Lack of time and sheer “laziness” are quoted most as reason why they do not more sport over the week (this questions was in our paper version answered not only by those who choose low categories with the quantity of their sportive engagement but by many of the others, too, so these are reasons why even sporty types do not “much more sport”. Without considerable gender difference, 42% spent no money at all on sport each month and 38 less than 30€. Given this, one does not wonder that “financial reasons” not to do sport are mentioned practically not (just by 1 person). 8% spent more than 50€ each month.

One third of both sexes does “running” as sport, whereas the boys are a bit more engaged in cycling and team sport. “Gymnastics” is clearly done more often by the women (24%: 3%), but body building is more frequent with the men (27%:10%).

Women inform themselves considerably more on health issues reading papers and using internet than men (33% and 60% against 16% and 46%), but men are not in-communicative: They talk with friends about this (male: 65%, female 54%). The most common combination with both groups is that of use of internet and friends' talk. Next to no one has experience with seminars etc. (3%) and 7% talk about health with doctors or pharmacists. Looking for clusters of behavior, we took those people who consider their lifestyle as clearly unhealthy and here we see that they are probably right about this: This cluster (male and female) does not inform themselves at all about these issues, eat strictly what they like and do no or very few sport activities. But they do see their weight as a mostly "normal".

When we look on the other side at those who think they "hold the key" for an healthy life and consider themselves as very good in lifestyle we have again to be careful because of the small numbers, but here we see quite clearly two types: One which is described by all the girls with this basic choice and by some of the boys where we see a combination of considerable information impact, a high number of sport activities and a careful choice of food which still keeps in line with own taste. On the other hand there is a cluster the self-assuming healthy lifestyle men, where there is no difference in all points to the general average, only that they do a lot of sport more. Probably experts would not call this style as healthy as the boys do it themselves, as they engage in hectic sport activities every day without looking to nourishment at all and without much informative input about the question. This might certainly be a group to be considered for special addressing.

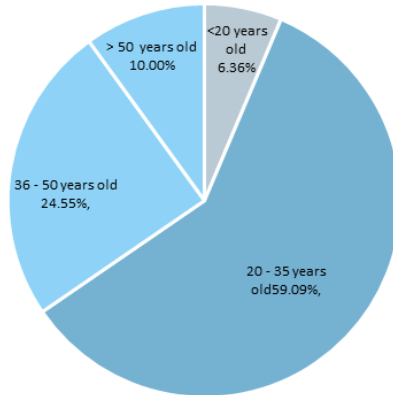
Conclusions

For our panel, health education providers might get the idea to promote more the good taste and the variety of food with healthy components, perhaps by using the internet to spread good, tasty and various pictures and recipes which encourages the big group which first looks about their taste to discover the flavor of health. At Diakonie Bremen we indeed consider this as a new strategy on our homepage.

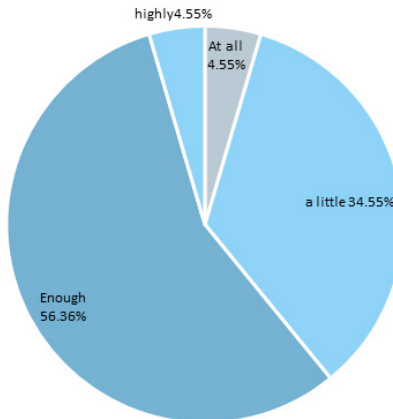
■ Results of a survey about the people's eating and sport habits in Italy

n. of respondents: 110 of which: 56,4% female and 43,6% male; the 11% of the respondents is a person with disability.

Age:



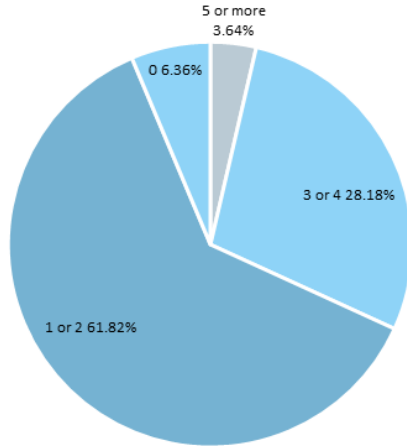
Do you think that your lifestyle is healthy?



But actually, in relation to the following results, only the 4% of the respondents eat the recommended quantity of fruit and vegetables per day and only the 29% of them base their dietary choices on ingredients and nutritional fact of food the usually buy, the 48% of the respondents consider himself overweight, and only the 38% of the respondents walk at least 30 minutes per day as recommended by the WHO, the 47 % of respondents almost never practice physical activity.

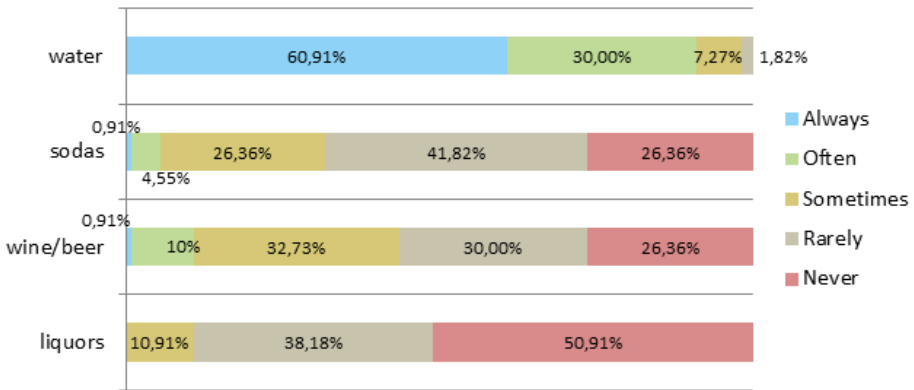
How many portions* of fruits and vegetables do you eat per day?

* 1 portion = 1 medium sized fruit or 2 small fruits / 50 g of raw vegetables or 250g of vegetables to be cooked.



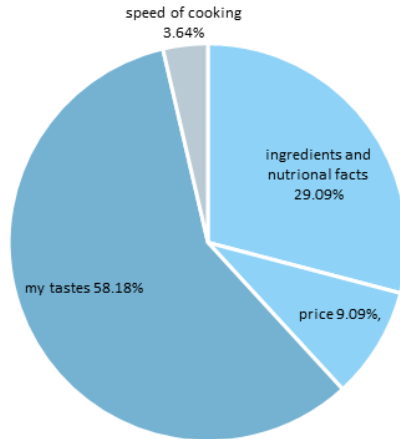
Only the 3,5% of the respondents usually eat the recommended 5 portions of fruit and vegetables per day and the 62% eat only one or two portions of them.

The frequency of consumption of the following drinks in a typical week



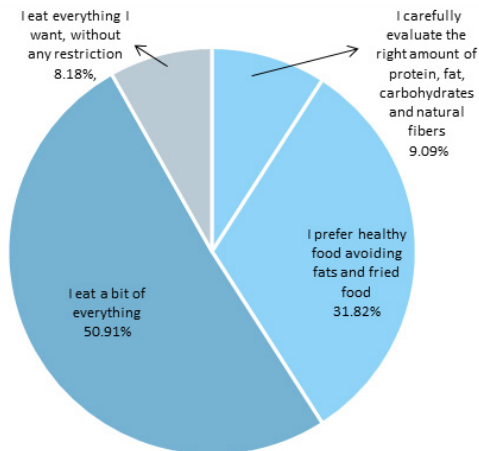
About the 10% of the respondents affirmed that in a typical week they sometimes or rarely drink water, anyway nobody always or often drinks liquors, while is more common to drink wine or beer: more people drinks often and sometimes wine or beer then the percentage of people who drink often and sometimes sodas.

When you choose your meals what does influence the most your choices on the food that you buy?

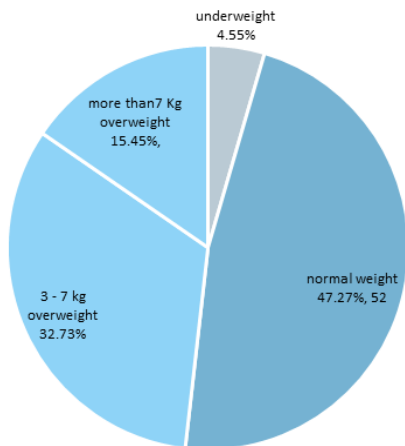


Personal tastes in food are the thing that influences the dietary choices of the 58% of the respondents and only the 29% base their choices on the ingredients and nutritional facts.

When I choose the meals:

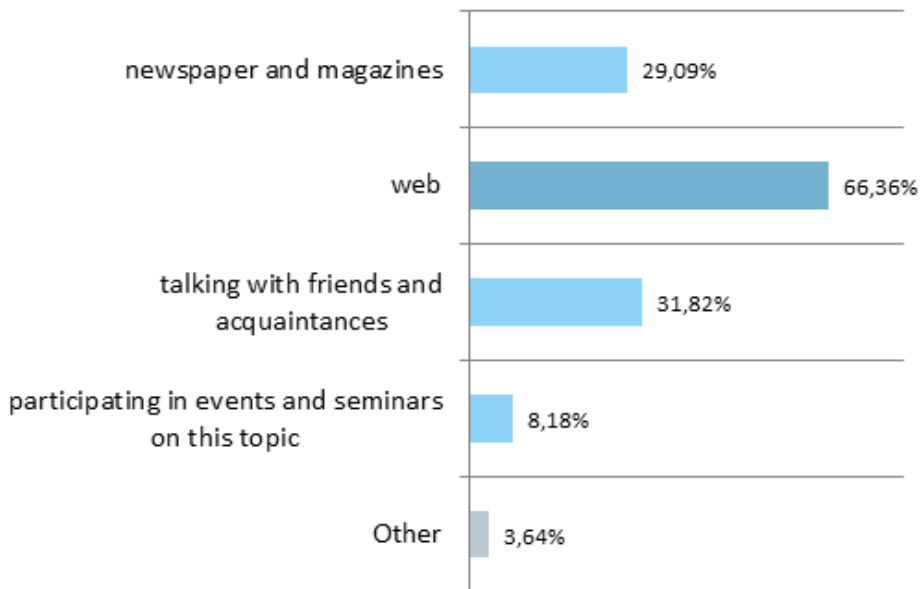


Do you think you are:



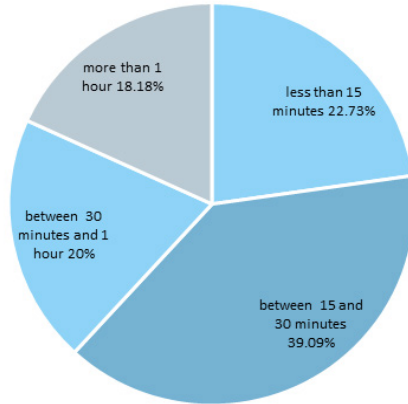
Only the 47% of the respondents consider themselves normal weight, and almost the same percentage of them (48%) consider themselves overweight.

You get informed about health and healthy lifestyle through:



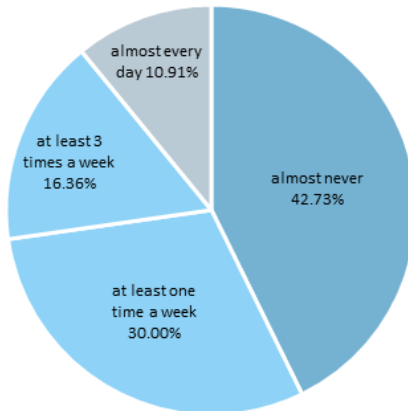
The most of the people get informed on health and healthy life style though the web, about the people who answered other, they specified they refer to the dietician or the doctor.

On average, how long do you walk per day?



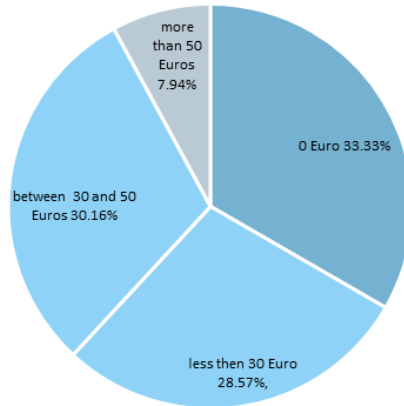
Only the 38% of the respondents walk at least 30 minutes per day as recommended by the WHO.

How often do you make physical exercise?



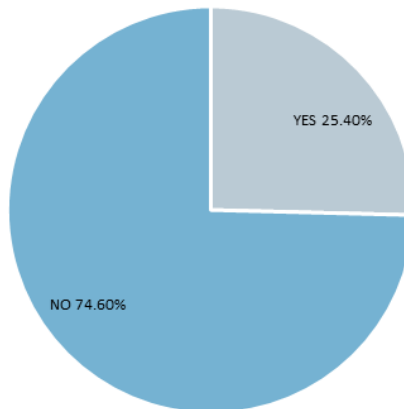
Only the 57% of the respondents practice physical exercise from 1 time a week to every day.

How much do you spend on average to practice physical exercise per month?



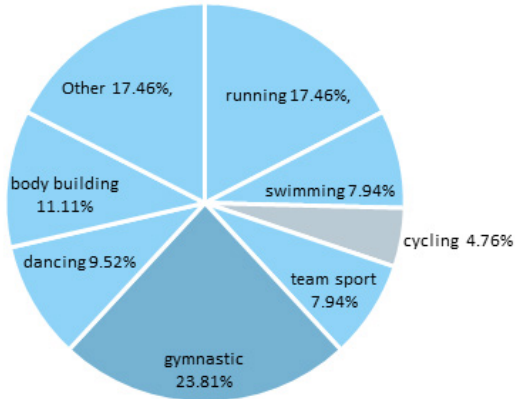
Only the 8% of the people who practice sport at least once a week, spend more than 50 Euros a month for it. For the majority of the respondents it's free.

Where do you practice sport, are there people with disability practicing sport or physical exercise as well?



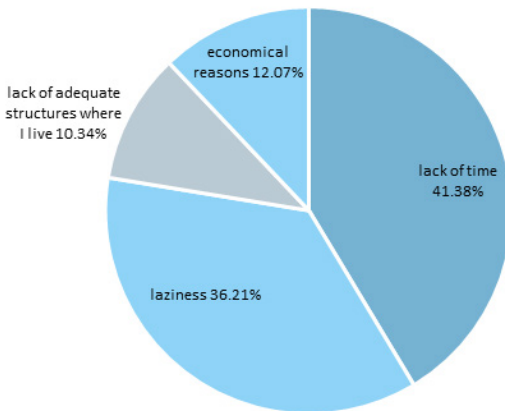
The 75% of the respondents, who practice physical activity at least once a week, stated that where they practice sport there aren't people with disability doing the same!

What kind of physical activity do you usually practice?



The most popular sports are gymnastic and running respectively with the 24% and the 17,5% of respondents who usually practice them.

To the respondents who practice physical exercise less than once a week, it was asked: which are the main reasons why you don't practice sport regularly?



The 41% of the respondents answered that they have no time for sport and the 36% admitted that they are too lazy to practice sport; only in the 12% the reason is economical and in the 10% is related to the lack of adequate structures nearby the place where they live.

■ Comparison among the German and the Italian results

About the aspect of disability and inclusion of people with disability in sport activities with able bodied people:

- In the German survey 1 person remarked own disability and another mentioned health problems that hinder to do sport(the groups are indeed open for disabled persons; just one tenth of the participants reports that they meet disabled persons at places where they do sport, so the experience of inclusive sport is not a current one for our participants.
- In the Italian survey the 11% of the respondents stated they have a recognized disability, while one fourth of the respondents report that they meet disabled persons at places where they do sport.

Both in the German and in the Italian results more than half of the participants think they actual lifestyle is “sufficient” for their health, whereas in Germany the 16% of respondents think their lifestyle is “very good” for their health and in Italy only the 5%.

Both in the German and in the Italian results most participants eat between 1 and 4 rations of fruits and vegetables a day (around 45% in Germany and 61% in Italy eat 1-2 portions, 37% in Germany and 28% in Italy eat 3-4 portions of them); 7% of the German respondents and 6% of the Italian respondents don't eat fruit and vegetables at all.

While in Germany the 90% of respondents drink often water, in Italy the 60% drink always water and the 30% drink it often. So we can state that people in Italy are more used to drink water than in Germany.

Personal tastes in food are the thing that influences the dietary choices of the majority of the respondents both in Germany and in Italy and only the 29% in Germany and the 20% in Italy base their choices on the ingredients and nutritional facts. The price is most relevant in Germany (43%) than in Italy (9%).

In the next question which asked for the more subjective side of choice, only 4% in Germany and the 9% in Italy said they look “very much” for healthy food and 20% (some more the girls, indeed) try to avoid fat and fried food in Germany against the 32% in Italy. About 40% of the respondents in Germany and 51% in Italy usually eat a bit of everything.

About the self-perception related to weight, the 57% of the German respondents and the 47% of the Italians consider to be normal weight while 25% in Germany and the 48% consider themselves overweight: In both the countries the percentage of people who fell underweight is lower, 9% in Germany and 5% in Italy. It seems that the Italians are more careful in the dietary choices but they feel more overweight than the Germans, probably it is related to the lowest involvement in Sport of people in Italy then in Germany, as follows.

As regards sport, only the 38% of the Italian respondents walk at least 30 minutes per day as recommended by the WHO against the 63% of the German respondents who walk more than 1 hour a day. In Germany the 19% of respondents do sport “every day”, in Italy only the 11%.

Lack of time and sheer “laziness” are quoted most as reason why people do not practice sport over the week both in Italy and in Germany.

In Italy people spend a little bit more to do sport activities: 42% of the German respondents spend no money at all against the 33% of the Italian respondents, the 38 of the German respondents spend less than 30€ against the 29% in Italy. In both countries only the 8% spend more than 50€ each month.

The most practiced sports in Germany are running, cycling and team sport, gymnastics and body building, in Italy we have gymnastic in first place, then running, body building and dancing.

The most common ways to get informed about health and healthy lifestyle in both countries are first of all the use of internet and in place talking with friends.



Italian and German participants during the second transnational meeting in Palermo, May 2016.

■ Easy Language in sport and health living

When starting the work in our strategic partnership, it was felt that there is a special tendency of pedagogues and other partners of mentally disabled persons to use “children language” when dealing with these topics, probably because many people are used to talk about the issues in child education. Therefore we made a special effort to introduce the rules of (German) Easy Language to topics of sports, meals etc.

We share here an English introduction to “Easy Information” principles adapted from the publication Information for all - European standards for making information easy to read and understand - www.life-long-learning.eu (brochure ISBN 2-87460-110-1).

General standards for easy to understand information

Before you start producing your information

1. Always find out as much as you can about the people who will use your information and about their needs.
2. Choose the best format for your information. For example, information on a CD or DVD may be better for some people than written information.
3. Always use the right language for the people your information is for. For example, do not use language for children when your information is for adults.
4. Remember that the people who will use your information might not know much about your subject. Make sure you explain the subject clearly and also explain any difficult words to do with that subject.
5. Always involve people with intellectual disabilities when making your information. For example, they can take part in making decisions about the subject, about what to say on a subject and about where to make the information available. They can also take part in checking the information to see how easy it is to understand.

Words

6. Use easy to understand words that people will know well.
7. Do not use difficult words. If you need to use difficult words, make sure you always explain them clearly.
8. Use examples to explain things. Try to use examples that people will know from their everyday lives.
9. Use the same word to describe the same thing throughout your document.
10. Do not use difficult ideas such as metaphors. A metaphor is a sentence that does not actually mean what it says. An example of a metaphor is “it is raining cats and dogs”.
11. Do not use words from other languages unless they are very well known like the French word “voilà” in the English language.
12. Avoid using initials. Use the word in full where possible. Initials are the first letter of every word. If you have to use initials, explain them. For example, if you write “EU”, explain that it stands for “the European Union”.
13. Percentages (63%) and big numbers (1,758,625) are hard to understand. Try not to use percentages and big numbers. Instead, use words like “few” and “many” to explain what you mean.

Sentences

14. Always keep your sentences short.
15. Speak to people directly. Use words like “you” to do this.
16. Use positive sentences rather than negative ones where possible. For example, say “You should stay until the end of the meeting” rather than “You should not leave before the end of the meeting”.
17. Use active language rather than passive language where possible. For example, say “The doctor will send you a letter” not “you will be sent a letter by the doctor”.

How to order your information

18. Always put your information in an order that is easy to understand and follow.
19. Group all information about the same topic together.
20. It is OK to repeat important information. It is OK to explain difficult words more than once.

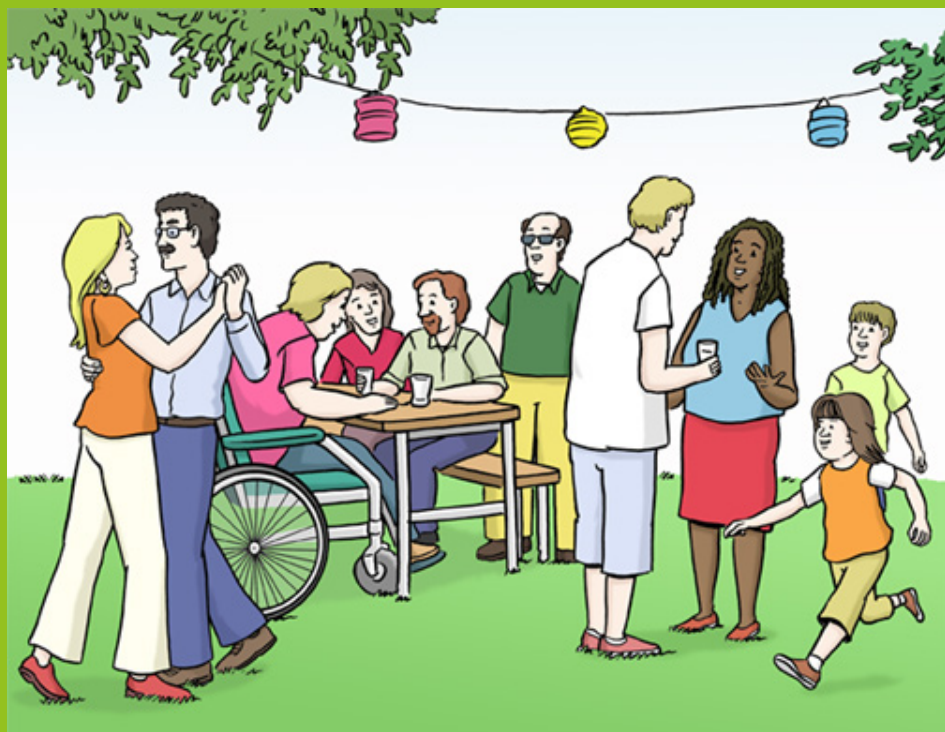
Standards for written information

When you are preparing written information, use the 20 standards in section 1 as well as the following standards.

Design and format

1. Use a format that is easy to read, follow and photocopy. For example, A4 or A5.
2. Think about the size of your document. A book of 100 pages is too long. People could feel they are not able to read such a long book. In this case, it would be better to write 3 smaller booklets.
3. Never use a design or layout that will make your document hard for people to read and understand. The most important thing is that your document is easy for people with intellectual disabilities to understand.
4. Never use a background that makes it difficult to read the text. For example, never use a picture or a pattern as a background.

The Bremen “Büro für Leichte Sprache” published a set of pictures to illustrate information in support of written information. Inclusive effects are introduced in a way that makes the participation of all persons and the diversity of inclusion look self-evident, as here to illustrate “festivity” or “sport”.



Articles written by some participants

■ Healthy eating and physical activity for a more healthy lifestyle

To follow an healthy lifestyle has a significant repercussions not only on wellness but also on mental faculties and social abilities: it improves the learning abilities, it promotes better emotional control, it improves self-esteem and it increases socialization skills.

Below some simple steps for a more healthy lifestyle:

- TO EAT 5 MEALS PER DAY: breakfast, mid-morning snack, lunch, afternoon snack, dinner; it allows to reduce the feeling of hunger before lunch and dinner, avoiding to assume amount of food higher than the body's needs.

- VARIED AND COMPLETE BREAKFAST: made of cereal and bakery products, milk or yogurt, fruit.

- CHANGING THE CHOICE OF FOOD FOR LUNCH AND DINNER: you should prefer whole meal bread and pasta and seasonal fruit and vegetable. It is needed also to LIMIT THE USE OF SALT AND SUGAR, as well as the intake of saturated fat and oil.

- DRINK WATER: you should meet the feeling of thirst, trying to forestall it, drinking a lot of water frequently and in small quantity; an excellent habit is the one to drink a glass of water in the morning when just woke up.

- TO PRACTICE AT LEAST 30 MINUTES PER DAY OF SLIGHT-MODERATE PHYSICAL: it is enough just to take the habit to move walking or bicycling, to climb stairs instead of to take the elevator; anyway you should commit yourself to practice physical activity as often as possible, rather with friends, so to enjoy of the benefits of sport in terms of fun and socialization. Furthermore the company is an important element of motivation to practice physical activity.

- TO PREFER NON SEDENTARY ACTIVITIES: in the spare time you should take into consideration the opportunity to practice physical activity or to go for a walk open air, instead of turning on the TV or the laptop.

- DON'T SMOKE.

- DRINK ALCHOOOL IN MODERATE EXTENT.

Therefore to start to follow an healthy lifestyle is quite easy, it does not mean to upset your habits or to live of privations, it means to introduce into your daily routine some little tricks of whom basically everyone is aware.

Eleonora Di Liberto

■ A sailing boat trip

Saturday, May 7, on the occasion of the project about sport that is called Sport and Inclusion for an Healthy Lifestyle, in partnership with the German Association Diakonisches Werk Bremen, we went to the Navy League, located at Cala of Palermo, to take a sailing boat trip.

We arrived at the meeting place in the early morning and in the meantime we were waiting for the experts who would have take us out for a sailing boat trip, we spent the time playing ball together with the German guys and every time we threw the ball we had to say the name of the person we threw the ball to, to learn all the names; I have to say that I always like these games to know each other very much, but what a challenge is being able to remember all the names! Once we finished the game, we gathered all around to the experts who explained a little bit to us the history of the Navy League and also how the structure of a sailing boat is. After that we were divided in little groups and each group got into the sailing boat to take his trip; to get into them we arrived on a gangway with our wheelchair and then, helped by the experts, we took a seat on the boat without our wheelchair.

I was with Martina, Vincenzo Dolce and Davide Schiera and especially at the beginning, the boat on which we were, it was having some difficulties to put out to sea, because of the wind, in fact, at the beginning we had to use the oars, but in the end we did it. The experts immediately started to explain to us the functioning of the sails and how they moved according to the direction from which the wind was blowing, that that day often changed direction. To me and Martina they have even made driven the boat entrusting the ropes and I must say it was a strange feeling, but at the same time very beautiful and exciting, because you could feel the force of the wind pushing the sails and that made us move. After about 45 minutes we disembarked tired, but satisfied and we all went together for lunch. After returning from lunch we returned to the headquarters of our association and all together we have created some games for children and posters for the day of the Cyclopride that would have taken place the next day.

I must say that sailing is a very complex sport on a side, because you have to learn a lot of technical knowledge and you also have to learn how to figure out which way the wind blows, but on the other side it's very simple and even relaxing, because apart from the wind you do not need anything else to leave, just you and that vast expanse that is the sea and then it is a sport suitable for all and that everyone should try at least once in life.

Maria Giulia Spinoso

■ Sport

A healthy lifestyle is the combination of physical activity performed consistently combined with a balanced and varied nutrition. Sport is important because it allows you to consume calories not only during exercise, but even after: the exercise “forces” the body to burn energy even in the hours. Important is to choose something you like, in order to gratify the body but also the spirit, by stimulating the brain’s production of “endorphins” the hormones that “make us happy.” This condition can also encourage better adherence to a proper diet and a greater predisposition to face sacrifices at the table. About 40% of Italian teenagers do not perform any sporting activities outside of the weekly hours of physical education at school. Over 60% spend between 10 and 11 hours between chair and armchair. Stolen hours to just rest that in addition to decreasing of the immune defenses, slow reflexes and psychomotor skills in general, contributing to slow metabolism and, accordingly, to increase the weight. Further confirmation of the wrong lifestyle is the fact that the vehicle used most frequently to go to school is the car. Moving on to the subject power, is almost always unbalanced and monotonous with carbohydrates and fats to make the lion’s share. How to make a change to all this? Simple, through sport! The latest surveys confirm that those who practice consistently physical activity have a more balanced lifestyle and eat better than their peers. For example, 34% goes to school on foot and 5% by bicycle, while only 15% choose the car. If then we go on this diet, 70% of the sports ones (compared to 39% of sedentary) make snack every day, preferring fresh fruit, juices and yogurt than junk food, 92% eat breakfast compared to 61% of peers. These are just some sample data of what sport can affect the subject of education for a healthy lifestyle. The constancy in sports allows you to achieve a degree of physical vigor that in time is always easier to maintain; for this reason it is advisable to get used to the sport rather than doing so on any particular moments of life. One thing is to regenerate their body, another thing is to keep it active and healthy. Health, as they say, should be treated in time with good habits.

Simona Spinoso

■ Take care of yourself

Loving yourself is the first step to live a peaceful and positive life; the main tips to enjoy deeply your life and to be more productive are: analyze your own daily habit, pay attention to the signals expressed by your body and devote enough time and space to yourself. Having an healthy lifestyle is like following a Philosophy of life where it is important to take care also of easy and natural things like sleeping, eating and breathing. To assume a positive attitude, a correct management of your feelings and sometimes to catch a breathe of relief will help you to drive out the anger from your life. The secret to have a less stressful and better life is to keep calm and never succumb to the angriness. It is not easy but It is possible to work on yourself: the more you are positive, the more things will come your way. It is need to start by the rest: a good quality and quantity of sleep, will give you more productive days, but be careful! The sleep should be neither too much neither too little, otherwise you will risk to be always tired and sleepy. It is recommended to sleep 6-8 hours per night and it is also important to know that during the hours before midnight the quality of sleep is better; anyway if you don't stop to think to your daily problem your brain will continue to work and in the morning you are going to feel really tired, so try to not torture yourself, after all tomorrow is another day! Waking up early in the morning means to have more time at your disposal and, at the end of the day, the consciousness to have done a lot of things will give to you sense of wellness and satisfaction. Just wake up, to drink a glass of water with empty stomach is a good consuetude, it will represent a purifying washing for your body, and also to never skip breakfast is really important. Nutrition is another key point for a good living: choose healthy food and distribute it correctly during the day; you should prefer to eat vegetables, legumes, cereals and fruit, try to eat less quantities of meat and most of all try to delete desserts, sweet drink, very salty food and alcohol from your diet. You should remember an easy nutrition rule: eat a bit of everything. In everything, and so even for nutrition, the excesses are harmful, then be careful not to overdo with food. Every now and then you can give yourself some whim, but do it with joy: to eat a cake feeling guilty will only cause you frustration, and your body will want another piece of cake to bridge the dissatisfaction. The choice of healthy eating habits doesn't mean renunciations and deprivation, it means instead to bring on your table a varied range of food. If you learn to taste what you eat, you will feel gratified by the food: eating your meal too fast, will get you to take in more calories than you need because your brain do not have time to elaborate all the experience deriving from nutrition: tastes, smells, colors and sense of satiety.

The last tip: cut out laziness from your life! Practice physical activity at least three times per week and your body will work better; walk more and also your mind will be better. Physical activity is a basic need, same way as sleeping and eating: our body requires it every day. Why to take the lift if you can go up the stairs? Why to drive if you can walk? Often we choose the more comfortable possibility, not the best. Learn to choose! After all, you do it for yourself.

Martina Di Liberto

Playing inclusive sports

Playing inclusive sports



Sitting Volley



Sitting volleyball is a discipline of disabled volleyball that is played while sitting on the floor. The sport is governed by the same set of rules as the able-bodied game, with a few minor rule modifications.

We played it with the participants sitting on the floor and some of them (who weren't able to sit on it) were just sit on their wheelchairs: in this way we were able to play all together! Read here the game rules: https://www.pef.uni-lj.si/fileadmin/Datoteke/Zalozba/pdf/Vute_WOVD_Handbook.pdf

Playing inclusive sports



Baskin



Baskin is a new sport invented in Cremona in 2003 whose objective is to create an activity literally everyone – girls, boys, the able and those with physical or mental challenges to overcome – can participate in and enjoy to the fullest extent of their abilities. Read here the game rules: <https://baskin.it/2015/09/16/il-regolamento-del-baskin-tradotto-in-inglese/>

Playing inclusive sports



Petanque



The inclusive group of participants played petanque following the rules for the Paralympics game.

Playing inclusive sports



Stretching



With a bit of creativity it is possible to find simple exercises that allows also to people with disability to make **stretching** before physical activity.

Playing inclusive sports



Integrated 5 a side football allows to young people and young people with disability to play football together. Players on a wheelchair are allowed to be pushed by an assistant who cannot kick the ball on goal. Participants with a severe reduction of the legs' mobility can use also the hands to throw the ball. the match lasts 30 minutes. Read here the game rules: http://media.wix.com/ugd/3a26d4_0f3565f5a8f045308e96bd843123adad.pdf

Integrated 5 a side football



Playing inclusive sports



Drums Alive



The innovative sport **Drums Alive**® combines drumming on big gymnastic ballons with a lot of work-out for fingers, hands, feet and all parts of the body.

Playing inclusive sports



Sailing



The young participants, including people on a wheelchair, had the opportunity to get to know the basics of **sailing** with the experts and the boats provided by Lega Navale Palermo, that is supporting sailing also for people with a physical disability with the project “a sail without exclusion”.

■ Annex n°1

Dove possono fare sport le persone con disabilità a Palermo?

■ Annex n°2

Wo koennen Menschen mit Behinderung in Bremen Sport treiben?

Dove possono fare sport le persone con disabilità a Palermo?

Strutture e associazioni a Palermo che offrono ai disabili la possibilità di praticare sport:

- **A.s.d. Club Scherma Palermo (<http://www.clubschermapalermo.org/>)**
 Offre corsi di Scherma Olimpica, Scherma Paralimpica, Attività psicomotoria, riequilibrio posturale e allenamento funzionale per adulti e bambino.
 Una delle poche realtà locali in cui normodotati e persone con disabilità posso praticare attività sportiva insieme!
Dove? Via dei Nebrodi 60 -90144 Palermo
- **LEGA NAVALE ITALIANA - SEZIONE PALERMO CENTRO (<http://www.leganavale.it/strutture/palermo>)**
 Offre corsi di vela rivolti a persone normodotate e con disabilità motoria e psichica
Dove? Sede Nautica: Via Cala Banchina Lupa- Palermo (PA)
- **Centro di Avviamento allo Sport della struttura medico-riabilitativa Villa delle Ginestre**
 Offre corsi gratuiti di nuoto, scherma in carrozzina, tiro con l'arco, tennis tavolo, atletica leggera, canoa ("a secco" d'inverno e in acqua d'estate) e tiro a segno.
Dove? Via Castellana 145-90135 Palermo
- **Polisportiva Palermo (<http://www.polisportivapalermo.it/>)**
 Offre attività ludiche in vasca e in palestra
Dove? Via Belgio 2/b, Palermo
- **Aquile di Palermo Onlus (<http://www.aquiledipalermo.it/>)**
 attività sportiva agonistica-dilettantistica di Wheelchair Hockey (hockey su carrozzina elettrica)
Dove? Via Val di Mazara n. 35 - 90144 Palermo
- **Asd Baskin Palermo**
 Squadra sportiva dilettantistica
 baskinpalermo@gmail.com
- **Asd I ragazzi di Panormus INAIL**
 Pallacanestro in Carrozzina
Dove? Via Luigi Cosenz 4, Palermo
- **Asd Sport Insieme Palermo (www.asdsportinsiemepalermo.it)**
 Corsi di nuoto per tutte le fasce di età e per persone con disabilità
Dove? Via Sferracavallo 8/A, Palermo

Wo koennen Menschen mit Behinderung in Bremen Sport treiben?

■ Bremen

www.behindertensport.de

■ Verein für Hochschulsport e.V. an der Universität Bremen

Integrativer Sport: Bewegung, Spiel und Sport mit Geistigbehinderten und Nichtbehinderten

Sport mit geistig behinderten Menschen

Schwimmen mit körperbehinderten Kindern v. 5-10 bzw. 10-15 Jahren

Anmeldung im Sportturm der Universität Bremen; 28334 Bremen

Tel.: 0421 218 34 57

■ Therapeutischer Sport mit asthmakranken Kindern v. 6-10 J.

Sporttherapie für Erwachsene bei Asthma und spastischer Bronchitis

Prof. Dr. Harald Braun

Feldhauser Str. 33 a; 28357 Bremen

Tel.: 0421 27 38 76

■ Gehörlosen-Sportverein 1920 e.V. Bremen

Badminton, Basketball, Bowling, Fußball, Schach,

Schwimmen, Freizeitsport

Vors. Kai-Uwe Gatzmeier

Freißenbütteler Weg 56; 27711 Osterholz

ST/Fax: 04791 82 882

Gst: 0421 244 95 82 Fax: 244 97 63

■ Gehörlosen-Kegelclub "Goldene 9" 1940

Kegeln-Bohle

Vors. Andreas Lyhs

Driftsether Straße 8; 28239 Bremen

■ Martinsclub Bremen e.V.

Bildungswerk f. beh. Erwachsene

Hoffmannstr. 11; 28201 Bremen

Ansprechpartner: Herr Bretschneider

Tel.: 0421 53 30 72

Kegeln

Mo 16.30 - 18.00 Uhr (14tägl.)

Gaststätte Falstaff (Kattenturm)

Bewegung u. Massage f. Frauen

Martinsclub

Do 16.30 - 18.00 Uhr

Bowling

Bowl'n Fun (Rembertiring 7-9)

Mi 16.00 - 19.00 Uhr

Schwimmtraining

Hallenbad Süd

Do 15.45 - 16.45 Uhr, Mi 17.45 - 18.45 Uhr

Tischtennis

Turnhalle am Barkhof (Parkallee)

Fr 13.00 - 15.00 Uhr

Fußball

Martinsclub

Mi 16.00 - 17.30Uhr

Kegeln

Gaststätte Zwitscherstuben (Georg-Gleistein-Str. 106)

Di 16.00 17.00 (14 täg.)

Sport und Spiel

Turnhalle Sonderschule (Reepschlägerstr.)

Mo 16.30 - 17.30 Uhr

Gymnastik f. Frauen

Turnhalle Sonderschule (Kerschensteierstr.)

Di 16.00 - 17.30 Uhr

Fußball

Turnhalle Sonderschule (Kerschensteierstr.)

Do 16.15 - 17.15 Uhr

Reiten

Reit-u. Fahrgemeinschaft Auetal e.V.

Wiesenstr. 45, Schwanewede

Do 17-00 - 18.30 Uhr

Kegeln

Pharaonenkeller (Berliner Freiheit 13)

Sa 10.00 12.00 Uhr (14 täg.)

■ **SG Findorff e.V.**

Hemmstr. 240; 28215 Bremen

Sport mit Geistig-Behinderten und Nichtbehinderten

6-18 Jahre /18 Jahre und älter * Integration

Ort: Schule Augsburger Str. (Turnhalle); 28215 Bremen

Geschäftsstelle TVDB

Timmersloher Str. 29; 28215 Bremen

Tel.: 0421 35 27 35

■ **ATSV Bremen 1860**

(Schwachhausen)

Sport in der Krebsnachsorge

Ingrid Mees

Tel.: 0421/ 21 18 60 (Verein)

■ **TuS Vahr**

(Vahr)

Sport in der Krebsnachsorge

Ute Dreimann

Tel.: 0421/ 25 41 51 (nachmittags)

■ **JTV Arbergen**

(Arbergen)

Sport in der Krebsnachsorge

Verein Tel.: 0421/ 48 04 37

■ **TuRa Bremen**

(Gröplingen)

Sport in der Krebsnachsorge

Helma Rumphorst

Tel.: 0421/ 61 34 10 (Verein 10-12 Uhr)

■ **SV Werder**

(Hastedt)

Sport in der Krebsnachsorge

Meta Finke

Tel.: 0421/ 772 19

■ **BTS Neustadt**

(Neustadt)

Sport in der Krebsnachsorge

Edelgard Jung

Tel.: 04203/ 20 36 od. 0421/59 45 35 (Verein)

- **TV Eiche**
 (Horn)
 Sport in der Krebsnachsorge
 Elfriede Heidkamp
 Tel.: 0421/ 27 12 78 od. 0421/ 23 40 60
- **TV der Bahnhofsvorstadt**
 (Mitte)
 Sport in der Krebsnachsorge
 Ilse Michalak
 Tel.: 0421/ 35 29 60
 Birgit Wehrmann
 Tel.: 0421/ 35 27 35 (Verein)
- **Landesbetriebs-Sportverband**
 (Neustadt)
 Sport in der Krebsnachsorge
 Anke Hübner
 Tel.: 0421/ 55 08 65 od. 0421/ 55 50 21
- **Lebensabend-Bewegung**
 (Mitte)
 Sport in der Krebsnachsorge
 Hiltrud Weißel
 Tel.: 0421/ 32 60 49 (Geschäftsstelle)
- **TV Bremen 1875 e.V.**
 Landwehrstr. 4; 28217 Bremen
 Tel.: 0421 380 77 33
 Vors. Peter Rak
 Meta-Sattler-Str. 34; 28217 Bremen
 Tel.: 0421 380 75 15
- **Sportgemeinschaft für Behinderte Bremen e.V.**
 Heinstr. 25/27; 28213 Bremen
 Tel.: 0421 21 24 34
 Vors. Hannelore Tempelmann
 Berckstr. 86; 28359 Bremen
 Tel.: 0421 23 16 71
- **Verein zur Förderung beh. Ki. u. Jug.
 in Bremerhaven u. Umgebung e.V.**
 Postfach 29 04 12; 27534 Bremerhaven

- **Vegesacker Turnverein von 1861 e.V.**
Breite Straße 29; 28757 Bremen

- **Sportgemeinschaft Aumund-Vegesack**
Sport in der Krebsnachsorge
Lydia Rossmannek
Sybille Saupe
Tel.: 0421/ 34 31 86 od. 0421/ 66 72 15 (Verein/ 10-12 Uhr)

- **TSV Frage-Rekum**
Sport in der Krebsnachsorge
Karin Feldmann
Tel.: 0421/ 68 31 70

- **TV Grambke**
Sport in der Krebsnachsorge
Renate Schreiber
Tel.: 0421/ 64 14 32 p. 0421/ 386 70 d.

- **Versehrten Sportgemeinschaft Bremerhaven e.V.**
Frau Helga Funck
Bremer Str. 24; 27572 Bremerhaven
Tel.: 0471 73 233
Vors. Gerd Kortjohann
Hanstedter Str. 2; 27412 Breddorf
Tel.: 04285 95 111

- **TTC Gold und Silber e.V.**
Abt. Rollstuhltanzen
Waller Heerstrasse 46
28217 Bremen
Informationen und Anmeldung
Frau Sabine Stuth
Tel.: 0421 — 72747.
e-mail: Rolllitanz@web.de

- **SVB -Selbstverteidigung für behinderte Menschen**
27570 Bremerhaven, Wiesenstraße 2 – 8
in der Karateschule Nippon
Holger Liedtke
0471/ 22269
e-Mail. behinderung-selbstverteidigung@gmx.de

Eine Liste der Anbieter von Rehabilitationssport findet sich hier:
<http://www.behindertensport-bremen.de/mitglieder-des-verbandes/>



<http://sihealth.wix.com/si-health>

 <https://sportandinclusion.wordpress.com/>

 <https://www.facebook.com/Sport-and-Inclusion-for-an-Healthy-Lifestyle-917377348326872/?fref=ts>

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Photo in back cover: "Keep fit" di Roberto Carlon

Winner of the International Photo Contest "Wellness and healthy lifestyle", category Healthy Frame



cofinanziato dal programma europeo Erasmus+

