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IN LOVE WITH THE SHAPE OF YOU

Start date 01-11-2023

End date 31-10-2023

Project Reference: 2021-1-IT02-KA210-ADU-000034912

EU Grant: 60.000,00 €

Programme: Erasmus+ Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in adult education

Countries covered: 4

Topics: The project is focusing on work-based learning and its implementation in the specific sector; social assistance and welfare; disabilities.

WEBSITE: <https://www.piattaformaprogetti.eu/innamorato-della-tua-forma/>



USTANOVA ZA
OBRAZOVANJE
ODRASLIH | ADULT
EDUCATION
INSTITUTION

OBJECTIVES: The general objective of the project is to launch a common strategy in an effort to combat the obesity and disordered eating of EU citizens working from home and a common approach and in promoting best practices

Specific objectives: to examine the association between obesity and social exclusion in psychological terms, to promote healthy eating habits, to offer a training for volunteers of the direct target for physical exercises, psychological and healthy matters, to promote and disseminate results, good practices.

ACTIVITIES: 1) To create web pages where promote surveys, researches, best practices and skills in the fight against the problem of obesity or excess weight in work from home situations

2) To produce a learning platform where training on sustainable healthy diets, physical activities and psychological aspects linked to the obesity for the voluntary target

3) To organize 4 events to develop the project and achieve the goals indicated

4) To disseminate the results of the training and the best practices

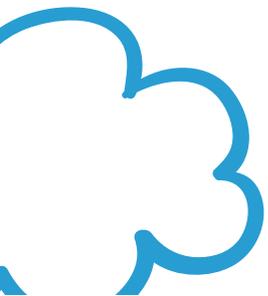
IMPACT: To obtain a guide with the best practices and create a model of training "ad hoc" to follow in order to combat the problem of obesity, poor diet and lack of physical activity among teleworkers, in order to avoid the risk of physical and psychological suffering and social exclusion and disseminate these results, best practices and tools to the partners involved on the project, to the targets of the project, the other stakeholders, institutions, individuals and all those who are interested in them.



Guideline for Teleworkers



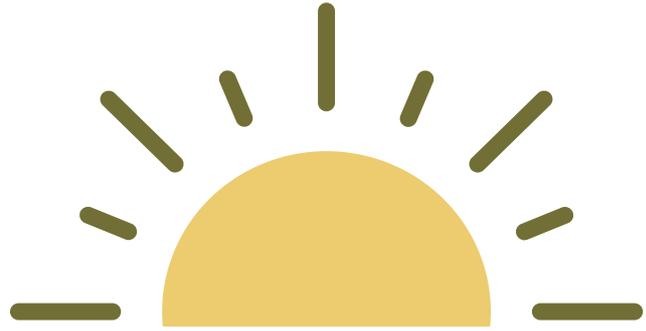
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GOOD Habits





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MEAL PREPS

WHAT IS THE BENEFIT OF IT?

SAVE TIME

& MONEY





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TAKING TIME

TO EAT

MINDFULNESS





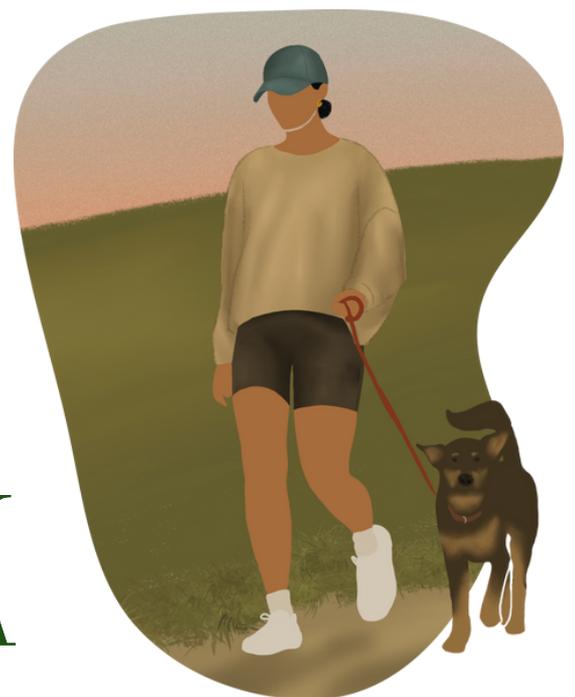
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FREE TIME:



WORKOUT

&



WALK



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HAVE A DEDICATED SPACE FOR YOUR WORK TO SEPARATE



PROFESSIONAL



PERSONAL



LIVE



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ORGANISATION

& PLANNING

ARE THE KEYS





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KEEP ON SOCIALISING:

GO TO OPEN SPACES



BE WITH OTHER

TELEWORKERS





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GRAB SOMETHING HEALTHY INSTEAD OF GO TO FAST FOOD PLACES



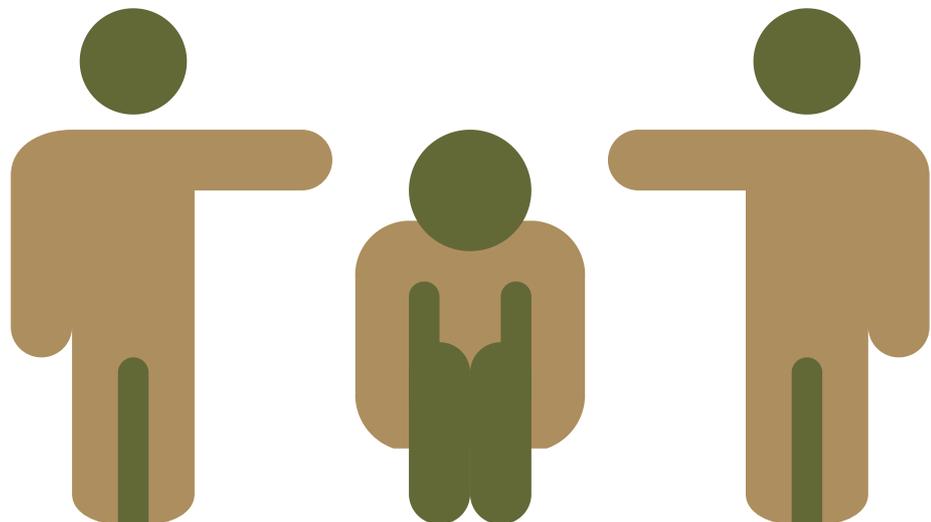


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HABITS

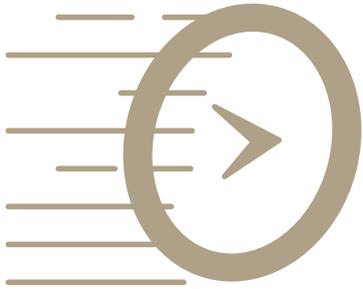
BAD





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EAT



-TOO FAST

-TOO MUCH

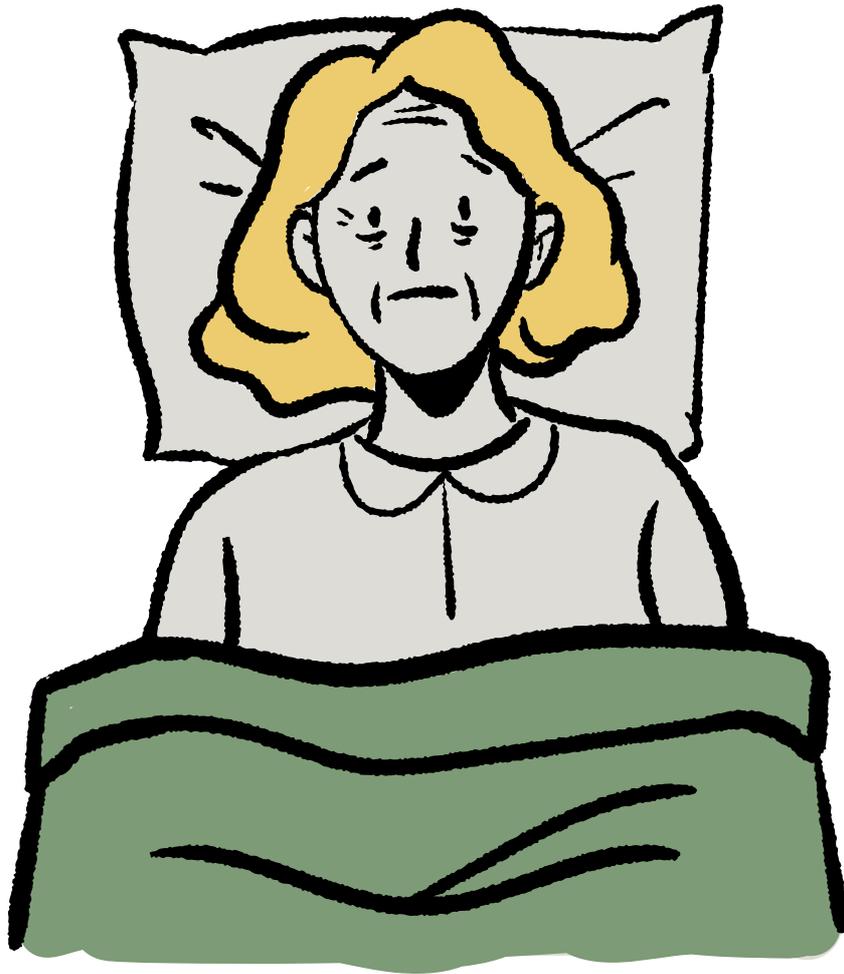


-IN FRONT OF THE

TV OR LAPTOP



BAD



SLEEP

SITTING

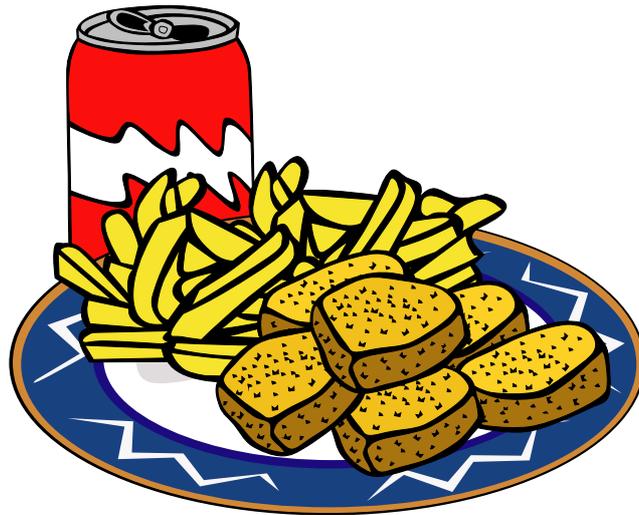


ALL DAY



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REACHING



QUICK OPTIONS

PROCESSED FOOD



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SKIPPING

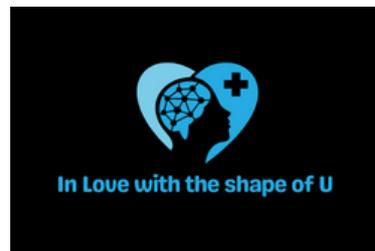


MEALS



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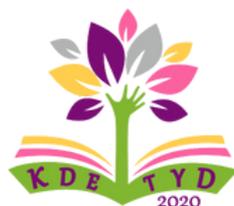
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