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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/>



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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.



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LEARNING PLATFORM

Profile link



<https://youtu.be/rWpuiOk-arc?si=ERxmNpj1PVVXRzLK>

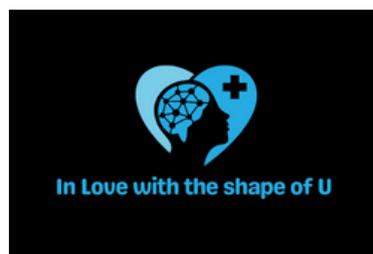
YouTube interface showing a video player for 'TIPS FOR EXERCICES AT THE WORK PLACE' by PROGETTI EUROPEI... (1 suscriptor). The video has 33 visualizations and was posted 2 months ago. The video content shows a man sitting at a desk with a laptop, looking at the screen. The right sidebar shows a playlist titled 'IN LOVE WITH THE SHAPE OF YOU' with various videos including 'COMBAT OBESITY PT.1', 'SYMPTOMS OF STRESS', 'STRESS WHEN WORKING FROM HOME', 'PRIORITISE YOUR WELLBEING', 'TIPS FOR THE SUPERMARKET', and 'TIPS FOR EXERCICES AT THE WORK PLACE'.

YouTube interface showing a video player for '7 DAYTIME HABITS TO IMPROVE YOUR NIGHTLTLY SLEEP' by PROGE... (1 suscriptor). The video has 17 visualizations and was posted on 9 ago 2023. The video content features a silhouette of a person running with a 'KEEP MOVING' button and a battery icon. The right sidebar shows a playlist titled 'IN LOVE WITH THE SHAPE OF YOU' with videos including 'websites with neatny recipes', 'How Exercise Makes Your Mind Sharp', '7 DAYTIME HABITS TO IMPROVE YOUR NIGHTLTLY...', 'TELEWORKING AND SLEEP HOW TO ENSURE QUALITY...', and 'OBESITY & MENTAL HEALTH'. The video description includes: 'PROJECT 'IN LOVE WITH THE SHAPE OF YOU' CO-FUNDED BY THE ERASMUS + PROGRAMME OF THE EUROPEAN UNION' and 'Project Reference: 2021-1-IT02-KA210-ADU-000034912'.



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Contact:

Official email: loveshapeadu@gmail.com

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



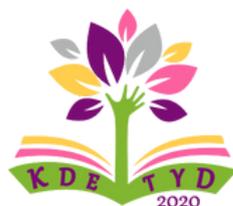
email: 3mtraininglab@libero.it

website: <https://www.3mtraininglab.com>



email: youri.bergoug@ofci.fr

website: <https://www.ofci.fr>



email: tsakiridou_giot@yahoo.gr

website: <http://kdetyd.com/>



email: info@dante-ri.hr

website: <https://dante-ri.hr/>