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BOOKLET OF GOOD PRACTICES

“Health is the first step to empowerment”

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Project description

Main aim of the youth exchange ‘Health is the First Step to Empowerment’ is to bring together young people from rural areas and through outdoor and sport activities shape their lives in active and positive direction. During the youth exchange the participants will explore what does mean healthy lifestyle in practice. They will get to know how to exercise in right way, how to spend their free time in quality active way and also how to inspire their peer to become more active and live more healthier life. During the youth exchange the participants will take part in outdoor and sport-based activities, discussions and simulations, team challenges. Moreover, they will work on campaign addressing the issue of healthy lifestyle and they will have an opportunity to increase their competencies to use photos and videos to encourage other young people to live active and healthy life.

Objectives of Youth Exchange:

- To develop participant’s knowledge on healthy lifestyles and its essential elements (eating, exercising, and living);
- To provide the participants an opportunity to explore healthy practices from other countries and to learn how to live healthier life;
- To encourage the participants to become ‘ambassadors of health’ in their communities and to activate their peers to live healthier live;
- To strength participants team work and intercultural competencies by providing them an opportunity to work in mix-intercultural environment during the youth exchange and gain new experiences and
- To strength participants understanding of Erasmus + Programme and its possibilities through non-formal based activities and to encourage young people to get activated and to take part in international mobility activities.



Project partners

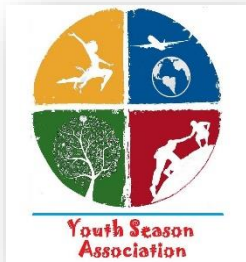


Youth Workers Alliance Vranje

Youth workers alliance is a non-profit and non-government organization founded in 2015 in Vranje, Serbia by group of young people. Our motto is that “We can’t build future for the youth, but we can always build youth for the future.” Youth workers alliance Vranje is directed towards implementing youth development projects and activities, mostly focused for people in rural areas and promoting non-formal education for all youth on local, as well as on international level. All the great things are done by the youth and our organization is focused to create better opportunities for youngsters in rural areas to participate in informal meetings, youth projects as well as in other cultural and educational events and activities, in order to contribute better living conditions of young

“Health is the first step to empowerment” (15-24 August, Vlasina Lake, Serbia)

people. In this way they will respect and honor the values and norms of the civil society. Good habits formed at youth, are the ones that will make difference in the society.



Youth season Association

Youth Season Association is a non-profit and non-governmental organization which was founded in 2014 by active in youth area and volunteer young people in Istanbul, Turkey. Our aim in setting up the Association is to support the development of young people around us. We started with ourselves first to encourage them to develop in new areas. Because youth season is our most active time to learn and develop to our future. The seeds, which planted during youth season, are shed light on the future. Research, knowledge, practice and teamwork is the character of our association. NGO's logo was inspired by this.



Yellow Shirts

Yellow Shirts Association was established in April 2010 with the purpose of facilitating the sustainability and integration of youth in the society. The organization is managed by young people, these being able to understand easier the problems with which the youngsters of their age are confronting with. The activities we do are made at the local, regional, national and international level through projects organized by us, but also in collaboration as partners. These activities are consisted of training courses, youth exchanges, street events, summer camps, voluntary service, Do It Yourself workshops, informative campaigns, foreign languages courses, competitions, study visits, public debates, seminars, work camps, social meetings, conference, exhibitions, etc. in different domains such as art, culture, sport, environment, human rights, active citizenship, health, etc.



Futuro Digitale

Thanks to its experience and expertise of its staff, Futuro Digitale has become a point of reference in the territory for young people, educational institutions, public authorities and enterprises as we provide educational trainings, orientation, coaching for youth through entrepreneurship stage /internships, events in Italy and abroad. Futuro Digitale gives particular attention to young people with fewer opportunities: disabilities, economic and geographic difficulties. Performed activities always run to the social inclusion and integration. Aware of the importance of "networking" Future Digital promotes multidisciplinary working groups. Therefore, in addition to direct employees, partners and volunteers, it uses a wide range of network made up by partners and different platforms. It also has a growing database of young undergraduates, graduates, former participants or potential participants in international trade, which are actively involved in the initiative



Youth Council Next Generation

Youth Organization Next Generation is non - profit, NGO founded in February 2010 by young people willing to be active citizens. Our mission is to create opportunities for young people, promote exchanges between students from different countries, summer and winter camps for better understanding of culture and traditions of other nations. The main goal of the organization is to give non-formal educational possibilities to the young people, in different fields, in local and international level; to promote the idea of volunteerism and to connect young people without reference to their nationality, religion, political, economic or social status. We are trying to help and give the right resources and basics knowledge to young people for future employment and promote the idea of entrepreneurship for people with fewer opportunities



Academy of success

The mission of the organization is to empower people, professional youth workers, trainers and civil society activists by giving them the opportunity for personal and professional development through non-formal learning activities. The organization aims as well to promote active participation, youth initiatives, volunteering and inclusion of people with fewer opportunities for building a better society. "Academy of Success"

gives opportunities to people to be engaged in diverse activities in order to develop their skills and potential. Furthermore, Association "Academy of Success" gives the people the chance to express themselves, to be active within the society and to learn in a different way through non-formal educational practice. Association Academy of Success believes in the empowerment of people and that they can make changes in the World for living in a better society!

About Erasmus plus

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. Its budget of €14.7 billion will provide opportunities for over 4 million Europeans. Set to last until 2020, Erasmus+ doesn't just have opportunities for students. Merging seven prior programmes, it has opportunities for a wide variety of individuals and organizations. Detailed information on these opportunities, including eligibility criteria, is available in the Erasmus+ Programme Guide. The aim of Erasmus+ is to contribute to the Europe 2020 strategy for growth, jobs, social equity and inclusion, as well as the aims of ET2020, the EU's strategic framework for education and training. Erasmus+ also aims to promote the sustainable development of its partners in the field of higher education and contribute to achieving the objectives of the EU Youth Strategy.



Erasmus+

Who can take part?

Erasmus+ is open to many individuals and organizations, although eligibility varies from one action to another and from one country to another. Individuals can take part in many of the opportunities funded by Erasmus+, although most will have to do so through an organization taking part in the programme. The eligibility of individuals and organizations depends on the country in which they are based. Eligible countries are divided into two groups, Programme countries and Partners countries. Although Programme countries are eligible for all actions of Erasmus+, Partner countries can only take part in some, and are subject to specific conditions.

How it is managed?

Erasmus + is managed by the European Commission (the EU's executive body), the Education, Audiovisual, and Culture Executive Agency (EACEA), a series of National Agencies in Programme countries, and a series of National Offices in some Partner countries.¹

Importance of living healthy lifestyle

“Living well isn’t just about losing weight – a few small changes really can make a big difference.”

An inactive lifestyle is a prominent cause for chronic diseases. Fortunately, many of these conditions are manageable and can be prevented by engaging in physical activity most days of the week and by being mindful of your food and lifestyle choices.

¹ SOURCE: https://ec.europa.eu/programmes/erasmusplus/about_en



A healthy lifestyle is not magic. It is not something that you want to spend your whole life dreaming about. A healthy lifestyle is simply ensuring that you take a balanced diet, do regular exercise and effectively manage your stress. Very simple. Maintaining these simple rules every day will transform your physical appearance magnificently. Your lifespan is also likely to increase, reason being, maintaining a healthy lifestyle boosts your immunity making you immune to most diseases. Other than improving the quality of your life, it also makes you healthy emotionally. However, living a healthy lifestyle can mean something different depending on an individual. Some believe that living a healthy life is being diseased free while others believe that living a healthy life is following a strict workout routine.

Tips of living healthy lifestyle

Drink more water.

“Water is the driving force of all the nature”

Keeping yourself well hydrated is really important for general health, and it can also be good for weight loss as there are many times when you think you are hungry, but you are actually thirsty, because your body can mix up the signals.

Keep calm and stay hydrated



Here are few tips that can keep you hydrated:

- Drink half your bodyweight in ounces of water (if you weight 160lbs, drink 80oz of water each day).
- Carry a bottle everywhere with you as a reminder to keep drinking.
- Eat raw fruits and vegetables – they are dense in water. You can get water from food, not just from beverages.
- Drink water and other fluids until you urinate frequently and with light color.

Running/jogging is cheaper than therapy

“One run can change your day. Many runs can change your life”

Exercise in general is great for weight loss, although your diet is super important too, but the main benefits of exercise researchers found were not on their physical health, but on their mental health.

Jogging is one of the oldest and most popular forms of aerobic exercise.

Just heading outside for a run in the fresh air and getting some air can totally change the mood. If you are feeling down or angry, take it out on the pavement and go for a run.



Jogging outdoors on the other hand keeps you in touch with outside action. You can also determine if you are a morning or afternoon jogger so you can plan and make time for the exercise. The benefits of jogging in the morning are that you are fresh, well-rested, and if you run on an empty stomach, could burn more fat. Afternoon jogs on the other hand can help you blow-off steam and accumulated stress from the day.

The difference between running and jogging is intensity. Running is faster, uses more kilojoules and demands more effort from the heart, lungs and muscles than jogging. Running requires a higher level of overall fitness than jogging.

Both running and jogging are forms of aerobic exercise. Aerobic means 'with oxygen' – the term 'aerobic exercise' means any physical activity that produces energy by combining oxygen with blood glucose or body fat.

Here are few tips how to include running as a part of your daily routine:

- Make sure you eat a healthy, well-balanced diet.

- Avoid eating directly before going for a run.
- Avoid running during the hottest part of the day in summer.
- Drink plenty of water before, during and after your run.
- Take your mobile phone with you.
- If using a headset, do not have the music too loud – stay alert and aware.
- Wear reflective materials if you're running in the early morning or at night.
- Tell someone where you plan to run and when you think you'll be back.
- Choose well-lit, populated routes and avoid dangerous and isolated areas.
- If you injure yourself while running, stop immediately. Seek medical advice.

Increase sleeping hours

A good night's sleep is just as important as regular exercise and a healthy diet. Research shows that poor sleep has immediate negative effects on your hormones, exercise performance and brain function. It can also cause weight gain and increase disease risk in both adults and children. In contrast, good sleep can help you eat less, exercise better and be healthier. Over the past few decades, both sleep quality and quantity has declined. In fact, many people regularly get poor sleep. If you want to optimize your health or lose weight, then getting a good night's sleep is one of the most important things you can do.



6 steps for better sleep

Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal.

Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle.

If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed.

Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

Create a restful environment

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

Limit daytime naps

Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.

If you work nights, however, you might need to nap late in the day before work to help make up your sleep debt.

Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.

Spending time outside every day might be helpful, too.

Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.

Know when to contact your doctor

Nearly everyone has an occasional sleepless night — but if you often have trouble sleeping, contact your doctor. Identifying and treating any underlying causes can help you get the better sleep you deserve.

Avoid sugar

Eating too much sugar is one of the worst things you can do to your body. It can have many negative effects on your health. It has been shown to contribute to obesity, type 2 diabetes, heart disease, cancer and tooth decay. While sugar is naturally found in foods like fruits and vegetables, this type has little effect on your blood sugar and is considered very healthy. Fruits and vegetables also contain lots of healthy vitamins and minerals. The danger is from added sugars in processed foods.



Few ways how to cut sugar out of your life:

1. **Eat regularly (initially).** Eat three meals and two snacks or five small meals a day. For many people, if they don't eat regularly, their blood sugar levels drop, they feel hungry and are more likely to crave sweet sugary snacks. With time, as you break free from sugar and start eating more fat and protein and fewer carbs, you won't need to eat as often.
2. **Choose whole foods.** The closer a food is to its original form, the less processed sugar it will contain. Food in its natural form, including fruits and vegetables, usually presents no metabolic problems for a normal body, especially when consumed in variety.
3. **Do a cleanse.** When people do a proper cleanse, not only does it reset their appetites but it often decreases their sugar cravings. After the initial sugar cravings, which can be

overwhelming, our bodies adjust and we won't even want the sugar anymore and the desire will disappear.

4 Have a breakfast of protein, fat and phytonutrients to start your day off right. Breakfast smoothies are ideal for this. The typical breakfast full of carbs and sugary or starchy foods is the worst option since you'll have cravings all day. Eating a good breakfast is essential to prevent sugar cravings

5. Try incorporate protein and/or fat with each meal. This helps control blood sugar levels. Make sure they are healthy sources of each.

6. Add spices. Coriander, cinnamon, nutmeg, cloves and cardamom will naturally sweeten your foods and reduce cravings.

7. Take a good-quality multivitamin and mineral supplement, omega-3 fatty acids and vitamin D3. Nutrient deficiencies can make cravings worse and the fewer nutrient deficiencies, the fewer cravings. Certain nutrients seem to improve blood sugar control including chromium, vitamin B3 and magnesium.

8. Move your body. Exercise, dance or do some yoga. Whatever movement you enjoy will help reduce tension, boost your energy and decrease your need for a sugar lift.

9. Get enough sleep. When we are tired, we often use sugar for energy to counteract the exhaustion.

10. Be open to explore the emotional issues around your sugar addiction. Many times, our craving for sugar is more for an emotional need that isn't being met.

Meditation

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well. Learning to meditate is like learning any other skill. Think of it like exercising a muscle that you've never really worked out before. It takes consistent practice to get comfortable. There's no such thing as perfect meditation. Sometimes your focus will wander or you'll forget to follow your breath. That's OK. It's part of the experience. What's most important is to meditate consistently. It's one of those things where the journey is more important than the destination.

I meditate so that my mind can't complicate my life



Research has shown that meditation can have both physiological and psychological effects. Some of the positive physiological effects include a lowered state of physical arousal, reduced respiration rate, decreased heart rate, changes in brain wave patterns and lowered stress.

Some of the other psychological, emotional, and health-related benefits of meditation include:

- Increased self-awareness
- Better stress management skills
- Improved emotional well-being
- Better management of symptoms of conditions including anxiety disorders, depression, sleep disorders, pain issues and high blood pressure
- Improvement in working memory and fluid intelligence
- Changes in different aspects of attention

Myths related with healthy eating diet

Energy drink myths

Energy drinks don't give you energy? A lot of people think that energy drinks give you energy. The truth is that these drinks contain a lot of sugar, caffeine, taurine and other stimulants which make your heart rate faster for a short period of time. After this period energy levels begin to feel low and tiredness will set in.



Alcohol can destroy brain cells?

No, it's not true. Alcohol actually destroy connections between the cells. Moderate use of alcohol doesn't do any damage to the brain cells. It can also cause the function disabilities like, for example, loss of concentration or orientation. Destroyed cells can be healed by certain therapy(medications) so brain cells can be used again, which is different in case of damaging. But alcohol is causing disorders of many other organs so it's still not smart drinking it.

Coffee is bad for your heart?

Caffeine is the most commonly used drug in the world, but people often worry about limiting their coffee consumption or cut it off completely. It is possible to overdo it on caffeine. Lots of people that drink coffee surpass the recommended limit of 400mg of caffeine per day and that can lead you to insomnia, restlessness or a fast heath beat. The researches indicate that coffee is not bad for us and it is associated with some health benefits. A review of more than 200 studies found that people who drank three or four cups of coffee per day were 19% less likely to die from cardiovascular disease. Research from Harvard university states that people

that drink three to five cups a day are less likely to die prematurely from any cause. It also demonstrates that they are specifically to die from health disease when we compared to people who drank little or no coffee. So, it means that drinking more than five cups per day doesn't favorably affect risk of death. Briefly, there has been a big misunderstanding about the fact that coffee is bad for our hearts, however coffee is the second step to empowerment.

Eating eggs increases cholesterol?

Eggs are among the most nutritious foods on the planet. In fact, a whole egg contains all the nutrients needed to turn a single cell into an entire chicken. However, eggs have gotten a bad reputation because the yolks are high in cholesterol. But cholesterol isn't that simple. The more of it you eat, the less your body produces. For this reason, eating a few eggs won't cause a high rise in cholesterol levels.

Most healthy people can eat up to seven eggs a week with no increase in their risk of heart disease. Some studies have shown that this level of egg consumption may actually prevent some types of strokes.



Obesity

Obesity- how can be caused?

Obesity is a condition that is associated with having an excess amount of body fat, defined by genetic and environmental factors that are difficult to control when dieting. Obesity is classified as having a Body Mass Index (BMI) of 30 or greater. BMI is a tool used to measure obesity. Obesity increases your risk of developing related conditions such as diabetes, hypertension and sleep apnea, to name a few. Many individuals are affected by obesity and are not aware of it.

How Obesity is Measured

Obesity is measured by various means, but the most common methods used are Body Mass Index (BMI) and Waist Circumference. There is no perfect method to measuring obesity, however these two indicators are most commonly used by clinicians as a tool to diagnose weight.

BMI

BMI is a measurement used to indicate obesity and morbid obesity in adults. BMI is calculated by dividing a person's weight in kilograms by his or her height in meters squared. An adult with a BMI of 30 or greater is considered to have obesity.

Once you find your measurement, you will want to find your weight classification that is accompanied on the BMI chart or calculator. Knowing your BMI is a good starting point in addressing your weight. If you find you are in an unhealthy range, you will want to talk with your doctor to address this issue.

There is not a separate BMI chart used for men and women. Both sexes use the same chart to measure obesity. In addition, the same classifications of obesity apply to both men and women.

Waist Circumference

Waist circumference is a less-common method used to measure obesity in an individual. This simple measurement indicates obesity and morbid obesity in adults by measuring your waist. To find your waist circumference, wrap a tape measure around the area above your hip bone and below your rib cage.

For females, a waist circumference of 35 inches or greater is considered unhealthy. For men, a waist circumference of 40 inches or greater is considered unhealthy. There is not a

classification chart or various ranges used with this method to determine obesity. Only the simple thresholds for men and women noted above apply.

Risks Associated with Obesity

There are more than 40 medical conditions that are associated with obesity. Individuals who have obesity are at risk of developing one or more of these serious medical conditions. The most prevalent obesity-related diseases include:

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Causes of Obesity

There are many causes that directly and indirectly contribute to obesity. Behavior, environment and genetics are among the main contributors to obesity. The Centers for Disease Control has identified these three as the main causes to the complexity of the obesity epidemic.

Behavior

In today's fast-paced environment, it is easy to adopt unhealthy behaviors. Behavior, in the case of obesity, relates to food choices, amount of physical activity you get and the effort to maintain your health.

Americans are consuming more calories on average than in past decades. The increase in calories has also decreased the nutrients consumed that are needed for a healthy diet. This behavioral problem also relates to the increase in portion sizes at home and when dining out.

While Americans are consuming more calories, they are not expending them with enough physical activity. Physical activity is an important element in modifying and shaping behaviors. The influence of television, computers and other technologies discourage physical activity and add to the problem of obesity in our society.

Environment

Environment plays a key role in shaping an individual's habits and lifestyle. There are many environmental influences that can impact your health decisions. Today's society has developed a more sedentary lifestyle. Walking has been replaced by driving cars, physical activity has been replaced by technology and nutrition has been overcome by convenience foods.

Genetics

Science shows that genetics play a role in obesity. Genes can cause certain disorders which result in obesity. However, not all individuals who are predisposed to obesity become affected by obesity. Research is currently underway to determine which genes contribute most to obesity.

Participants testimonials regarding the project "Health is the first step to empowerment"

Clirim Xhemaili, Serbia



As a student coming from a middle-class Balkan family that live in rural area and have less opportunities, I could say that project like these ones in Erasmus give people hope, offer a possibility to gain more skills, knowledge and experience that I can implement in my society. Erasmus plus projects are an escape and a help for people with bright vision that live in rural areas, to improve themselves and grow up professionally.



Stanislav Pavlov, Bulgaria

I think it is a wonderful initiative that we have to encourage and I loved it. I have been to several projects in the past but this one is different because it takes place in the mountains and I haven't had such an experience before. I would recommend it to young people to be a part of Erasmus.



Danilo Jovanovic, Serbia

I wanted to participate in this program because in the place where I live in, (Ljubic, near Cacak) I don't have a chance to participate in this kind of activities and meet other open-minded people on topics such as healthy life style. This week was amazing experience for me, I met people from countries with different cultures and each day was interesting experience for all of us as a group.



Teodora Dencic, Serbia

I think I really necessary to make people more aware of the importance of healthy living and this is probably a best way. By being a part of this project young people are having a chance to improve their lifestyle and share it with others so together, we can make a change. As we work on that problem, we also meet people from different countries and learn from their culture, having a great time together.

Kristina Conkinska, Macedonia



Hello. I am coming from a small town in Macedonia. In my town I don't have enough possibilities to travel abroad and meet people from another cultures. I was really happy when I was selected to participate in this youth exchange. During these days I had opportunity to learn more about healthy habits in other cultures and meet their customs and traditions.

Kliment Klimentov, Bulgaria



The project is awesome and I would recommend it to everybody who wants to learn about healthy lifestyle. For these previous days I really had a wonderful experience.

Vefa Karakasli, Turkey



This is my fifth Erasmus project, I really enjoy it because I met people from different cultures and as well as different topics. Here the topic is about health and we learned great things about healthy life and we are doing some sport activities.

Bianca Bunea, Romania.



It's my first time in an Erasmus+ project. I wanted to meet new people and visit the country and to make new memories. And also, I'm interested in how to eat healthier and have a healthier lifestyle.



Cristina Lavopa, Italy

Even if it's my first Erasmus+ project I feel really at ease in this world because I found a home away from home, and I'm enjoying getting to know the Balkans culture.



Imane Ghounbaz, Italy.

I enjoy this project because I had the chance to embrace new cultures and new ways of living and lifestyles, and I learned more about how different people from different cultures interact with each other.



Zorica Todorovska, Serbia

As an organizer and project coordinator I expect to have a great week, where participants, especially those who are for the first time in an Erasmus + activity can learn more about the opportunities this program is offering, to go out of their comfort zone and learn more how to live a healthy lifestyle and share this practice with the youngsters from their communities.

Sara Ghounbaz, Italy



This is my first Erasmus+ experience, I'm really surprised in a good way, I'm really happy to take part in this project. I hope it will not be a lost. I've learned a lot of new things already about other countries. This topic is really interesting and useful and I think that this topic should be introduced in schools, I think that we all have to adopt a healthy lifestyle.

Aisenur Kiziltas, Turkey



This is my first time being in a youth exchange, and I think is more suitable for me than training courses. You have more opportunities to specialize with the others, you can know more people. I want to be a participant in this project because it's about health and I want to know about other countries diets, because I'll soon be a dietitian. We can share our ideas and knowledge easily and everybody can easily know the other countries lifestyle and I'm happy for that.

USEFUL MATERIALS:

- <https://drive.google.com/file/d/1Tc9FAMdRDQITAIRWpBBPtYj1ohl6aFs0/view>
- <https://drive.google.com/file/d/1Cp-D5BLyVfcHXQMkoZFaPvmyOPyRVXJU/view>
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- <http://www.growingawareness.net/mindfulness%20booklet.pdf>
- <https://www.isowheysports.com.au/assets/pdf/isowhey-sports-running-ebook-web.pdf>

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