

Y.E.A.H.

Young European Active Health



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Daily Active Healthy Life



- ◆ - find your favourite sport activity (dancing, fitness, basketball, walks with your dog or anything else that makes your body move and gives you satisfaction).
- ◆ - be active at least 30 min – 2 hours (depending on how intense the exercise is) minimum twice a week.
- ◆ - add fresh vegetables and fruits to your diet.
- ◆ - be social! Instead of meeting with your friends in bar for a beer invite them for a fun outdoor activity you will all enjoy.
- ◆ - start now! starting from tomorrow or next Monday never really works, start being active today from today!

◆ ***DONT'S***



- ◆ don't stop your training, it will be much harder to resume it.
- ◆ - alcohol, cigarettes, fast food – try to eliminate them from your everyday life.
- ◆ - do not push yourself too hard – doing sport should give you good time and satisfaction.
- ◆ - do not eat big meal just before training.
- ◆ - don't miss your sleep – if you don't rest properly at night you won't have the strength for exercise.

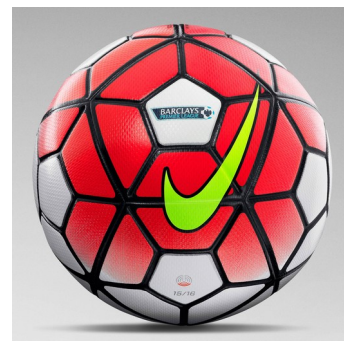
Football: A Way to Keep Active

Football is a great way to start being active. It is a sport that requires running and this way you stay healthy and fit.

Football is a free sport and nearly anybody can play it. Realistically all you need is a football to play it, but if you play in a team, you also need football boots and shin pads (shin guards).

You do not need to have goals or a proper place to play this sport as it can be played anywhere you want and that is the great thing about football.

Once you start playing and enjoying football, you will not stop.



Let's play a game! How informed are you?

1)Which is the amount of people with special needs in Europe?

a) 1-5%

b)20-25%

c) 10-15%

d)We don't know .There is no research about this.

2)If you see a person in a wheelchair trying get across the street,what you think you should do?

a) Help him cross the road

b)Ask him if he needs any help.

c)Don't look at him,he is weird.

c)Stare at him .It's so unusual.

3)How is the name of the language of blind people?

a)Braille

b) Blind -Lang.

c)There is no such a thing.

d)sign language

4)What is autism ?

a) When a person thinks automatically.

b)It's a genetic disease when a child born and his face is like an auto.

c)It's a disorder of brain development.

d)Autism was a disease of ancient times. Now there is a treatment and no one has it.

5)what are the needs of people with special needs?

a)they need to be fed double times than us.

b)they cannot sleep more than 6,5 hours.

c)They don't feel anything ,so they don't need social life etc.

d)It's just like us .Special like everybody's needs.

Answers:c,b,a,c. d

