

GUIDE BOOK

“TOGETHER FOR A HEALTHY LIFESTYLE”

From 22th of October until 29th of October Participants from over 7 countries (Georgia, Germany, Austria, Italy, Poland, Ukraine and Moldova) gained knowledge in healthy lifestyle in an informal way and contributed to an intercultural exchange.

The topics covered by this project were highly diverse starting from health issue triggered by alcohol, nicotine or low quality food up to diets and general solutions saying what can be done about it. Further everyone has also presented their national realities of each country, discussed mental issue which can lead to an unhealthy lifestyle and talked about environmental aspects towards a sustainable way of life.

This guide book will be divided into different subjects regarding a healthy lifestyle. Every country will have their own subject which they discussed the most.

Together for a healthy lifestyle exchange was organized by Studenten Entwicklungsgesellschaft Österreich and hosted by Caucasus Youth Nexus in Bakuriani, Georgia.



PHYSICAL ACTIVITY – ITALY

Eating well is good, but combining it with some workouts or sports (Italians love soccer for example) is better because it can prevent various diseases.

A healthy diet, combined with regular exercise, can prevent various diseases such as certain types of cancer, metabolic, cardiovascular disease and mental disorders. There are two reasons why the Italian lifestyle keeps most Italians fit and healthy: We eat genuine food and we are physically active.

Main Italian sports



WHAT IS HEALTHY LIFESTYLE – MOLDOVA

Healthy lifestyle is about taking responsibility for your decisions and making smart health choices for today and for the future.

So healthy living would consist of:

- *Physical (For The Body)*
- *Emotional wellness (For The Mind)*
- *Spiritual Wellness*



SMOKING – AUSTRIA

In Austria you are allowed to buy beer and wine from 16 years on, as well as cigarettes.

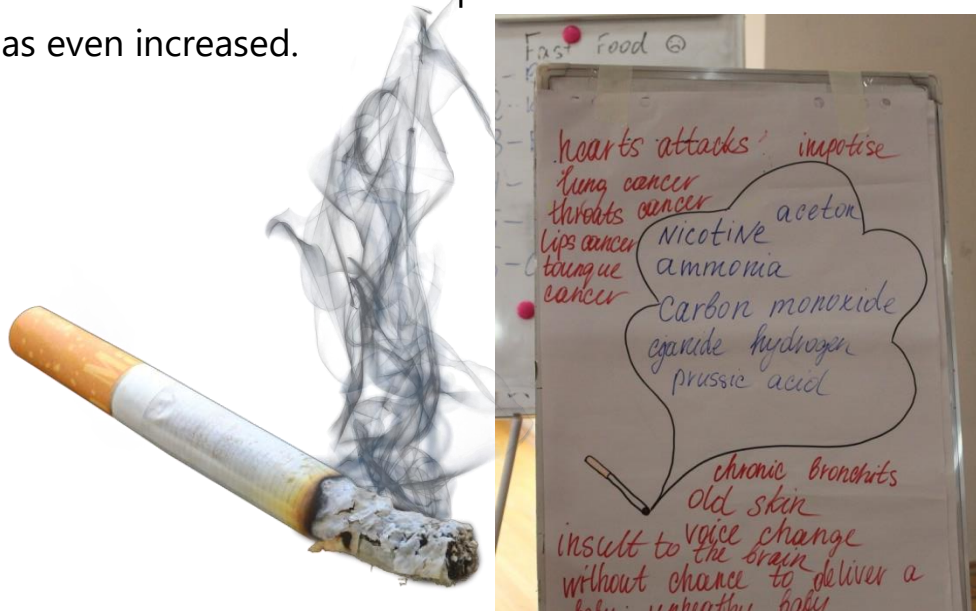
Austria is one of the countries with the highest percentage of smokers worldwide. Especially the young people and women smoke a lot compared to other countries.

This is because especially in Vienna there has always been some sort of 'coffee-house-tradition' that means to sit in the coffee-house and smoke. In Austria smoking is socially accepted and even used to be good and cool earlier.

Sometimes you can even benefit from smoking at work, because smokers in some companies are allowed to make short breaks for smoking that non-smokers do not get.

A few years ago a law was made, that said, that restaurants need to have a separate smokers room and with the beginning of 2018 there is going to be a new law, that prohibits smoking inside public locations (restaurants, clubs, bar,...) at all.

Since the invention of the 'shock-pictures' in Austria the number of smokers has even increased.



HEALTHY FOOD – GERMANY

People in Germany becoming more and more aware of the healthy lifestyle, especially in the food department. There are coming more and more bio brands, and you can see that the people choose bio brands over normal brands. But there is a downside to it, you really got to look at the product if it is bio. Because sometimes there can be a bio sticker on the product but then they mean that the packaging is bio, not the product. There is an increasing number of vegetarians and vegans especially with the young people. Restaurants are trying to follow the trend, but it is a slow development and they are not really fast with it.



ALCOHOL CONSUMPTION – UKRAINE

The fight against alcoholism in Ukraine:

This autumn the government decided to introduce compulsory treatment of alcoholism among people dependent on alcohol (bill No. 0895). This people will be sent to specialized medical institutions for the course of treatment.

“Sober Ukraine” (<http://www.tvereza.info>) is a social movement where each participant is an example of a sober lifestyle for relatives, friends, cities and the whole country.

In Ukraine:

700 000 registered alcoholics

40 000 people die every year from drinking alcohol

30% of men 25 to 50 years old are alcohol dependent

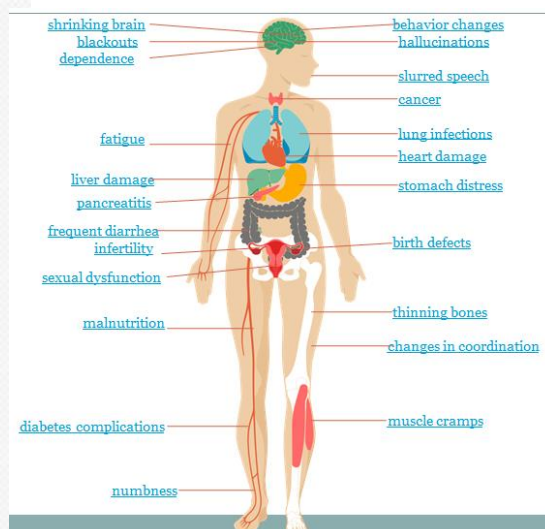
1st place in the world for childhood alcoholism:

40% of young people aged 14 to 18 years regularly drink;

Children begin to drink alcohol in 10 years.

25-30% of cases of infant pathology of newborns, the frequent reason of which is the use of alcohol by mother or father.

Ukraine 5



FAST FOOD

Fast food tastes nice sometimes and to do it once every 3 months may be good for mental health, but beware! All kinds of fast food contains a lot of sodium, sugar and fat. This means you can get a lot of diseases easily by eating fast food.

KFC (Kentucky Fried Chicken) 123 countries

11% Europe, Latin, and Africa

#3 Harmful ingredients

Menu

1. Chicken wing 130CAL
2. Hot Wings (ltr) 70CAL
3. Crispy Sandwich 630CAL
4. Burger 440CAL
5. Nuggets (lps) 303CAL
6. Fries 290CAL
7. Chicken wrap 485CAL

#1 Dips based on mayonnaise, oil, sugar

#2 eating KFC regularly can make you fat or even worse

#5 Category (F)

#6 10% natural, 90% chemical

HEALTH RISKS OF SAUCES

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- HEINZ KETCHUP**
 - Heinz ketchup only contains 21% tomato concentrate
 - Contains:
 - high fructose corn
 - corn syrup
 - low processed sugar
 - sodium, salt, natural flavor
 - 1 tablespoon contains 4 grams of sugar
 - 1 tablespoon contains 175 calories
 - 1 tablespoon contains 180 mg of sodium
 - Health risk:
 - unhealthy weight gain
 - type 2 diabetes
 - heart disease
 - pancreatic cancer
- HEINZ SOY SAUCE**
 - 30 calories/100g of product
 - Prepared directly from soybeans fermented under the action of fungi "Aspergillus".
 - A tablespoon of soy sauce can typically contain around 1000 milligrams of sodium.
 - The daily use of soy sauce can bring about salt deposits.
 - High oil content of around 20% that makes it an oilseed.
 - Paragelity preparation of soy sauce leads to the formation of carcinogens.
- HEINZ TABLETTES**
 - Made out of: pasteurized egg yolk, Oil and vinegar
 - 1 tablespoon contains 90 calories
 - 1 tablespoon contains:
 - 10g fat
 - 5mg of cholesterol
 - 90mg of sodium
 - 1g of sugar
 - Fat-reduced mayo contains more added sugar
 - Long term use side effects:
 - weight gain → obesity
 - heart disease
 - stroke
 - high blood pressure
 - During pregnancy can lead to childhood asthma
- HEINZ SERRANO**
 - one teaspoon contains 5 grams of sugar and 100 milligrams of sodium
 - Sweet green resiniferum plus the sauce of the menu
 - Long term use side effects:
 - kidney disease
 - hypertension
 - heart disease
 - digestive damage
 - kidney stones



1. Ingredients

- sodium
- hydrogenated oils
- cholesterol
- anoxicar bonamide
- monosodium glutamate (msg)
- high fructose corn syrup
- caramel coloring
- dextrose
- not fresh

2. Cooking

The meat is prepared on open flame which causes monocloropropandio and it can lead to cancer.

3. Menu

- Maximum calories 420 and 24g fat recommended
- Standard menu has 1,014 kcal and 50g fat

4. Side effects

- | | |
|--|--|
| <p>Short Term</p> <ul style="list-style-type: none"> • water retention • dehydration • headache • nausea / bloating • lethargy | <p>Long Term</p> <ul style="list-style-type: none"> • cancer • obesity • high cholesterol • hypertension • heart disease • stroke • diabetes • kidney disease |
|--|--|

FRENCH FRIES

ABOUT 100g

CALORIES 312 VS BOILED POTATOES 72

TOTAL FAT 15g, 23%

TOTAL CARBOHYDRATE 41g, 13%



+ SAUCES AND SALT

- CANCER
- THROMBOSIS
- FAT > WATER
- OBESITY
- EU RESTRICTIONS
- LATE 17TH CENTURY
- ADDED SUGAR

ASPECTS

SHARING THE HEALTHY LIFESTYLE

We have learned a lot about healthy living these days and will spread this knowledge on people around us. How will we do this?:

- By advertising a healthy lifestyle
- Use social media to promote a healthy lifestyle
- Encourage other people to be more healthy
- Be a good example (like quitting smoking)
- Make events about a healthy lifestyle

The best way to be more healthy is to do it together with someone else, because together we are stronger!



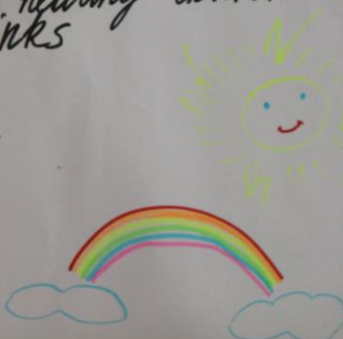
physical healthy

- * be active
- * drink more water
- * get enough sleep
- * eat natural food
- * eat small meals
- * cut down sugary food and drinks
- * limite your alcohol intake
- * don't smoke and avoid be a passiv smoker

mental healthy

- * me-time
- * love yourself
- * be gratefull
- * eat the rainbow
- * avoid negativity in your life
- * be in healthy environment

Be healthy!



· Education/Information
 .PDF

· Advertisement

· Events 

· Be a good example

· Encourage  8-)

Together we are
STRONGER