



# Healthy Individual - Healthy Society

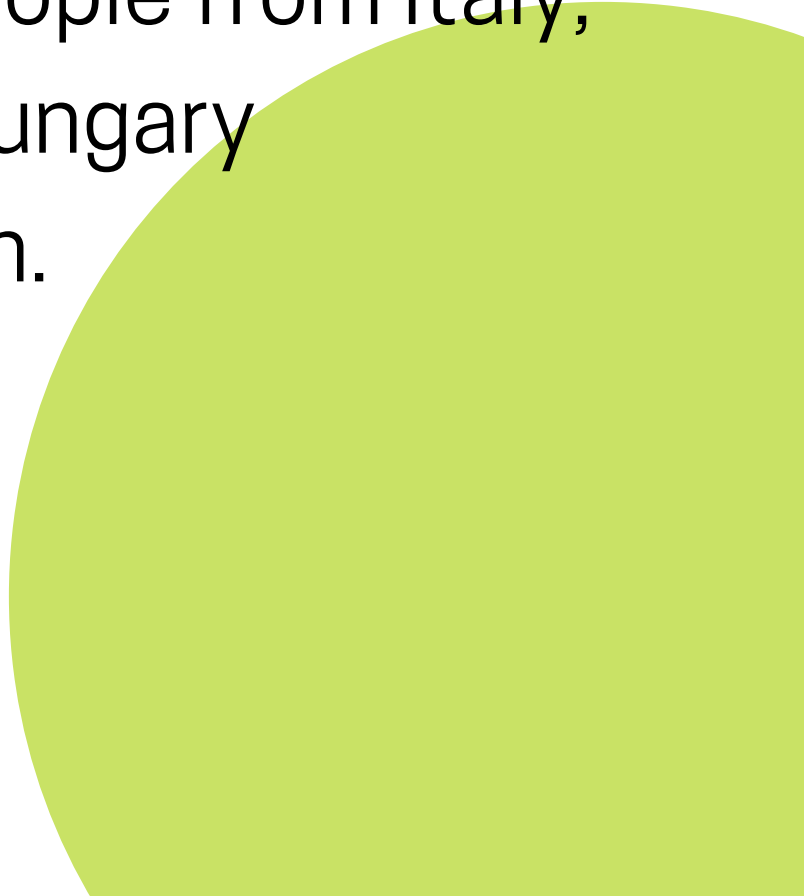
## Guide

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YOUTH EXCHANGE  
POMPEI  
ITALY

30/07/2021 - 07/08/2021

Healthy Individual - Healthy Society is a youth exchange took place in Pompei, Italy, from 30/07/2021 to 07/08/2021 that involved young people from Italy, Bulgaria, UK, Hungary and Spain.



We often hear about a healthy lifestyle and we know very well that it is the first secret to preventing illness and living peacefully. But what exactly does it mean to lead a healthy lifestyle ?!

Let's see it together!

# Healthy and balanced diet

A correct subdivision of the nutrients recommends distributing the daily energy intake as follows: about 50% of carbohydrates; 30% protein and 20% fat.

Obviously these are general indications that also depend on our lifestyle. An athlete, for example, needs more carbohydrates, those who are struggling with a weight loss diet, on the other hand, will have to reduce them. Junk foods such as fried foods, carbonated drinks, sweets should also be avoided. But, and we will repeat it often, the secret is always in moderation!

# Physical activity

Practicing sports is good, it's not just a cliché but it really is! It strengthens the immune and cardiovascular systems, strengthens muscles and joints and is also good for our mood. When we do sport, our body releases endorphins (hormones of happiness) and serotonin (hormone of good mood) and our mind is distracted from problems and worries.

The intensity and duration of physical activity vary according to different conditions, starting with age.

# Physical activity

For a healthy lifestyle, WHO recommends:

from 5 to 17 years: at least 60 minutes a day of moderate-vigorous activity

18 to 64 years: at least 150 minutes per week of moderate activity or 75 of intense activity

after 65: as for adults + exercises for balance

# **Anti-stress activity**

A high level of stress can cause problems with digestion, metabolism (there are those who tend to gain weight or lose weight), reduces the efficiency of our brain, promotes insomnia, headaches and also affects the health of the skin and hair.

In short, reducing stress is the first gift we can give ourselves to lead a healthy lifestyle. How to do? By choosing activities that make us feel good and distract us. Everyone has their own method but, in general, sports or socializing activities are enemies of stress.

# Hours of sleep

Sleeping, and above all sleeping well, is important for many reasons, not just to avoid panda effect dark circles! Sleep reduces stress, develops our memory and creativity, strengthens the immune system, regenerates mind and even muscles, especially after exercise. The American Sleep Foundation recommends:

**Age 18-25 years:** 7 to 11 hours of sleep

**Age 26 - 64:** 7 to 10 hours of sleep

**After 65 years:** 7 to 9 hours of sleep

# Drink water

The body of an adult is made up of almost 75% water. This is why it is important to maintain good hydration. Furthermore, water helps eliminate waste substances, tones the tissues and keeps the joints lubricated. In general it is advisable to take at least 1.5 liters of water per day. It also depends a lot on nutrition because part of the daily water requirement comes from the foods we eat.

# Drinking alcohol and cigarettes

According to INRAN, a healthy lifestyle can include a moderate daily amount of alcohol. By moderate quantity it means: 2-3 Alcoholic Units for men, no more than 1-2 Alcoholic Units for women and no more than 1 Alcoholic Unit for the elderly. One Alcoholic Unit (AU) corresponds to about 12 grams of ethanol or a small glass (125 ml) of medium alcoholic wine, a can or bottle of beer (330 ml) of medium strength or in a bar dose (40 ml) of spirits.

Cigarettes, on the other hand, should be completely avoided, however, even in this case, the watchword is:

**moderation!**

## **Personal hygiene:**

Taking care of yourself, in addition to being a symptom of physical and mental well-being, is essential to prevent diseases or disorders related to poor hygiene. For example, brushing your teeth regularly counteracts the development of tartar and cavities while washing your hands helps avoid the risk of viral infections.

# **HEALTHY LIFESTYLE MANUAL**

This manual has been created by  
"Healthy Individual - Healthy Society"'s  
participants.

**POMPEI,  
30/07/2021 - 07/08/2021**