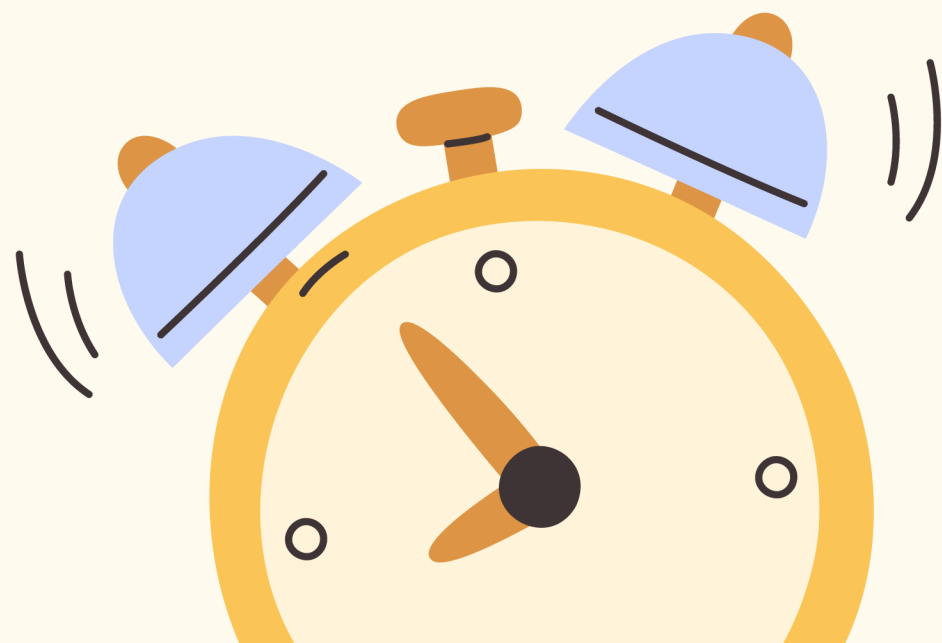
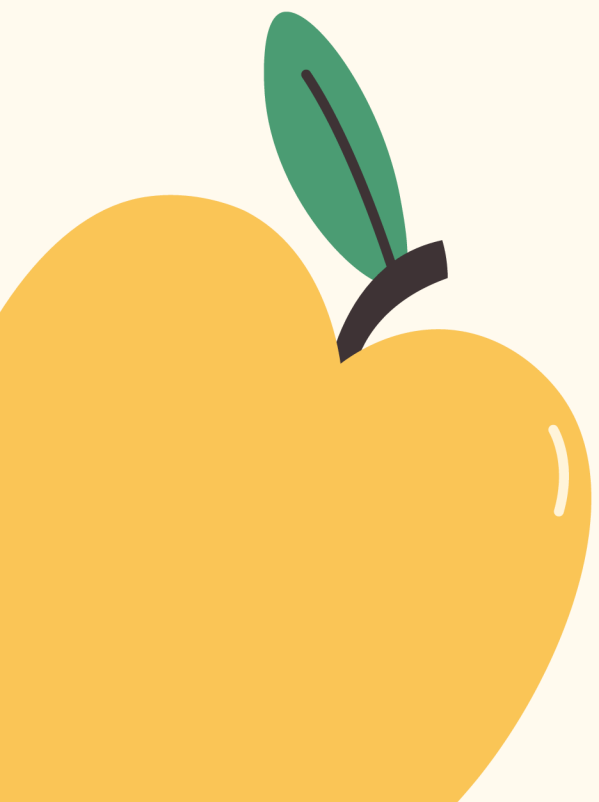




Let's Learn About

HEALTHY HABITS

AND FITNESS



WHAT IS A “HABIT”?

A habit is a regular behaviour or routine that is repeated frequently and often subconsciously. It is usually acquired through repetition and becomes an automatic response to specific situations or triggers. Habits can be beneficial, neutral, or detrimental depending on their nature and the context in which they are practiced.





Why this topic?

- The importance of a healthy lifestyle for young people.
- The impact of social media, digital habits and fitness trends.
- The need for balance between screen time, movement and nutrition.



Main project goals

- Encourage students to adopt and maintain healthier habits.
- Create a collaborative, engaging international experience.



PROJECT CONTENT

- Project structure (6-8 weeks).
- Key elements:
 - Students choose at least one group/forum (fitness, nutrition, mental well-being, etc.).
 - Weekly challenges and check-ins.
 - Final presentations by students on their progress.
- Main focus areas:
 - Physical Health: Walking, running, gym workouts, sports.
 - Mental Well-being: Managing social media's impact, mindfulness, better sleep.
 - Nutrition & Hydration: Eating healthier, drinking more water.

HYDRATION

Regular hydration is fundamental to maintaining bodily functions. Water aids digestion, regulates body temperature, and helps eliminate toxins. Keeping hydrated is crucial for maintaining concentration and energy levels, which are especially important during busy school or work days.





EXERCISING

Regular physical activity is a key habit for maintaining health. Exercise strengthens the cardiovascular system, builds muscle tone, and enhances mental health by releasing endorphins. It's vital for weight management and preventing lifestyle-related diseases.

HYGIENE

Maintaining good hygiene is crucial for preventing illness and promoting overall health. Habits like washing hands frequently, brushing teeth, and keeping oneself clean help reduce the spread of germs and increase personal well-being.



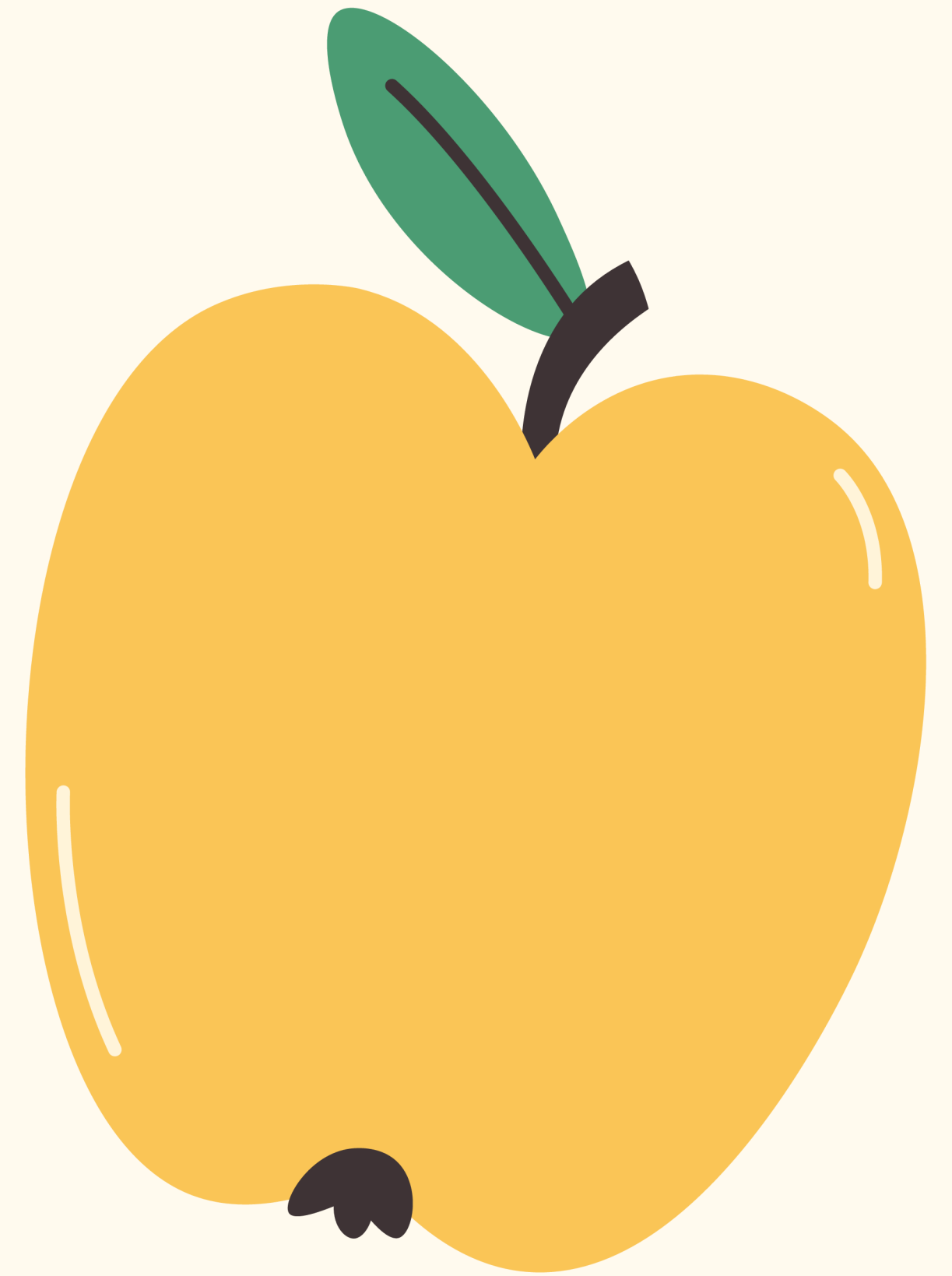


SKIN CARE

Practising regular skin care protects your skin from environmental damages and helps maintain its health and vitality. Proper skin care routines, including cleansing and moisturising, can prevent common skin issues and boost self-confidence.

NUTRITION

Adopting the habit of eating nutritiously is vital for providing the body with essential nutrients. A balanced diet supports physical health, aids mental function, and can prevent a range of chronic diseases, making it fundamental for overall well-being.



HOBBIES

Engaging in hobbies regularly is a great way to relax and unwind. Hobbies provide a break from routine, stimulate creativity, and can enhance personal happiness and social interactions.



IMPLEMENTATION:



- How students participate:
 - Join online forums and share their experiences.
 - Discuss progress, challenges, and motivation with peers.
- Tools we use:
 - TwinSpace, Padlet, Google Classroom for collaboration.
 - Fitness & focus apps (step counters, screen time trackers).
 - Google Forms for reflections and progress tracking.
- Engagement strategies:
 - Gamification: badges, small rewards, friendly competition.
 - Encouraging peer motivation & support.

HEALTHY HABITS AND FITNESS IN UKRAINE AND GERMANY



PHYSICAL ACTIVITY & FITNESS CULTURE

- **Ukraine:**

- Traditional sports like football, basketball, martial arts are popular.
- Outdoor activities are common, but winter weather limits them.
- Some schools have limited access to sports facilities.

- **Germany:**

- Emphasis on organized sports clubs (Vereine), strong sports infrastructure.
- PE classes are mandatory and include a variety of activities.
- Outdoor sports (cycling, hiking) are very popular.

NUTRITION & EATING HABITS

- **Ukraine:**

- Traditional diet includes fresh vegetables, grains, and soups.
- Home-cooked meals are common, but fast food is becoming more popular.
- Hydration is sometimes overlooked, with tea being more common than water.

- **Germany:**

- Balanced approach to nutrition, with a focus on whole foods and organic products.
- School meals vary, but healthy eating awareness is growing.
- Drinking water regularly is highly encouraged.

MENTAL WELL-BEING & DIGITAL HABITS

- **Ukraine:**

- Social media use is very high among young people.
- Many students struggle with screen addiction & sleep disruption.
- Mindfulness and digital detox habits are not widely promoted.

- **Germany:**

- Social media use is also high, but there's more awareness of its effects.
- Schools promote mental health initiatives and work-life balance.
- Many students are encouraged to take breaks from social media.

OUTLOOK



What we expect students to gain from this project:

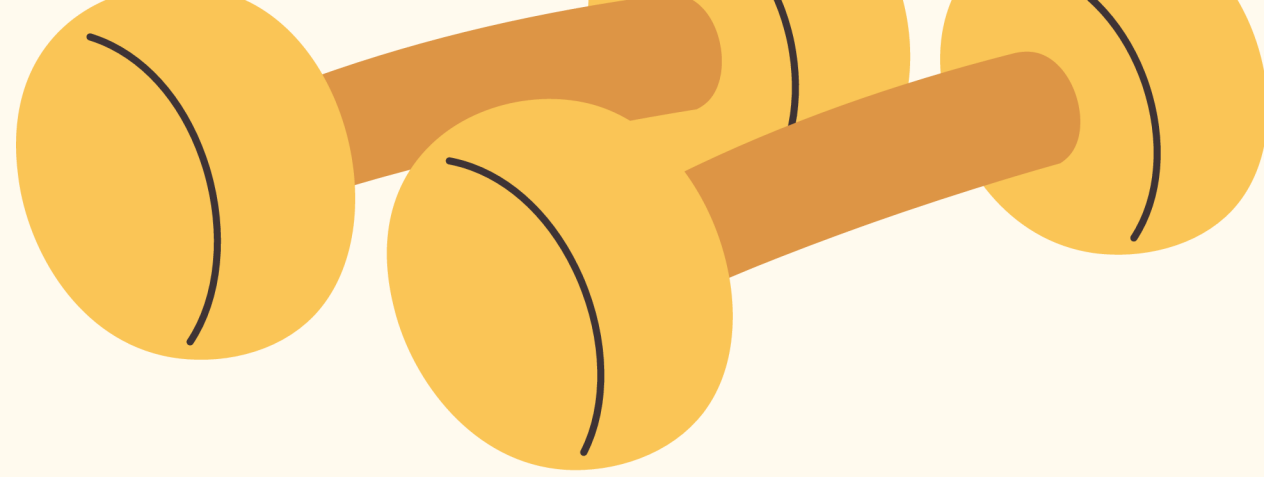
- Improved awareness of healthy habits.
- Increased motivation to stay active and eat healthier.
- Better understanding of how social media affects mental health.

Potential challenges and how we plan to address them:

- Keeping students engaged Gamification & peer support.
- Different cultural approaches to fitness Flexibility in group choices.
- Digital distractions Encouraging social media breaks & mindfulness.

Next steps:

- Implementing the project and tracking participation.
- Gathering feedback for potential improvements.
- Possible expansion or follow-up projects in the future.



Thanks for listening!

THE END!

