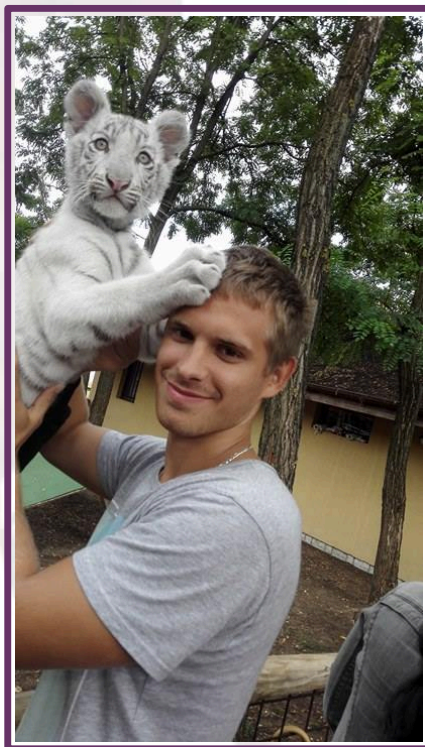


START TODAY.



YOU
CAN.

-HEALTH & LIFESTYLE
MAGAZINE-



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MENS SANA IN CORPORE SANO

IF YOU WANT TO SEE A REAL CHANGE, YOU HAVE TO COMBINE SPORT WITH A GOOD NUTRITION.

“A healthy mind in a healthy body” said a Latin proverb. If we are looking around nowadays, we can relate to the words of our ancestrals..

We go to the supermarket and we see hyper-consumerism, obese people carrying carts full of things and food they don't even need.

We go to the park and we see only old persons. Children that once used to play hide and seek, to fill the streets with their contagious laughter are now sitting in front of devices that are supposed to replace the parents while they are working.

We go to the gym and we see young anorexic ladies taking selfies and trying to get in "a better shape".

We look around and we see everyone rushing. What happened if for a moment we could at least imagine that we pressed the Stop button of the life's remote?

The typical modern lifestyle has taken over the world. We do not have time for our families, for cooking, for popping beans with grandma, for

running, for loving, for living.



We need to agree that we are messed up and so are our lifestyles. Specialists are keeping publishing magazines and articles about "magic tricks" that "melt the fat in just one hour" or they promise you that if you drink warm water with honey every morning you'll look like an athlete within a month.

And they keep promising, and we keep trying and then, one day, we start hating ourselves. We look in the mirror and we see a sad face staring at us, an ugly tired body trying to keep up and a soul that yesteryear was dreaming about saving the world.

We envy that actress we see on TV, but at the same time we cannot handle everytime we see a fast food or we keep finding reasons for not

starting changing our lives.

The changing starts from within ourselves. No one but you can understand better your capabilities and limits.



Some may say that healthy nutrition means eating salad all day. That's wrong! Eating smart doesn't mean eating less. If you like pizza, you can cook a healthy version, with less fat and more vegetables. If you love chocolate, there is the sugar free version and so on.

For example, a famous fitness trainer proposed choosing a day per week in which you can include one meal with anything you want, including sweets and fast food (Attention! We are talking about one single meal and one single portion of

a dish that you really love but is not so healthy).

Also, nowadays there are plenty of sports to choose from: zumba, kangoo jumps, aerobic, body building, swimming, skiing etc. Even including a 30 min walk in your daily schedule would be a great way to start changing your life.

In other words, there are lots of solutions. The beginning is always the hardest part, but once you find a sport that suits you and you get to know your body better, you will be unstoppable.



So put yourself together, throw away that pizza you are just holding in your hand, and open your mind to see the opportunities you have for becoming happier. Once you will see results, you will thank to yourself you'd been wise enough to highlight your capabilities.

P.S. Remember: Rome wasn't built in a day!

INEQUALITY AROUND EUROPE IN FREE SPORTS FIELD.

ANIMALS AS AN INSTRUMENT TO GET A BETTER HEALTH.

Physical education is the art of finding your balance in mind, soul and body. It provides an excellent opportunity to learn and practice skills that enhance lifelong fitness and health. These activities may include daily running, swimming and climbing as well as more structured games and sports.

In our research we would like to show how physical education works in some countries. It's very interesting because we found lots of differences in education system.

Sport activities in schools are divided in two: mandatory and optional. Let's see how this works.

In Romania, for example, children don't have options and they usually

are involved in mandatory activities such as athletics, games. Volleyball and football are also between the most popular. PE lessons usually take place once a week.

In what concerns Italy, the government didn't set the mandatory activities. Their famous sport is football. That's true because they have a very good football championships and their national team is one of the best. PE lessons are twice a week.

Hungary is a virtuos example because at school you have the opportunity to practice sports everyday. The swimming is among mandatory activities. The goverment of Hungary is supporting the healthy food so you can't buy unhealthy things for example energy drink.

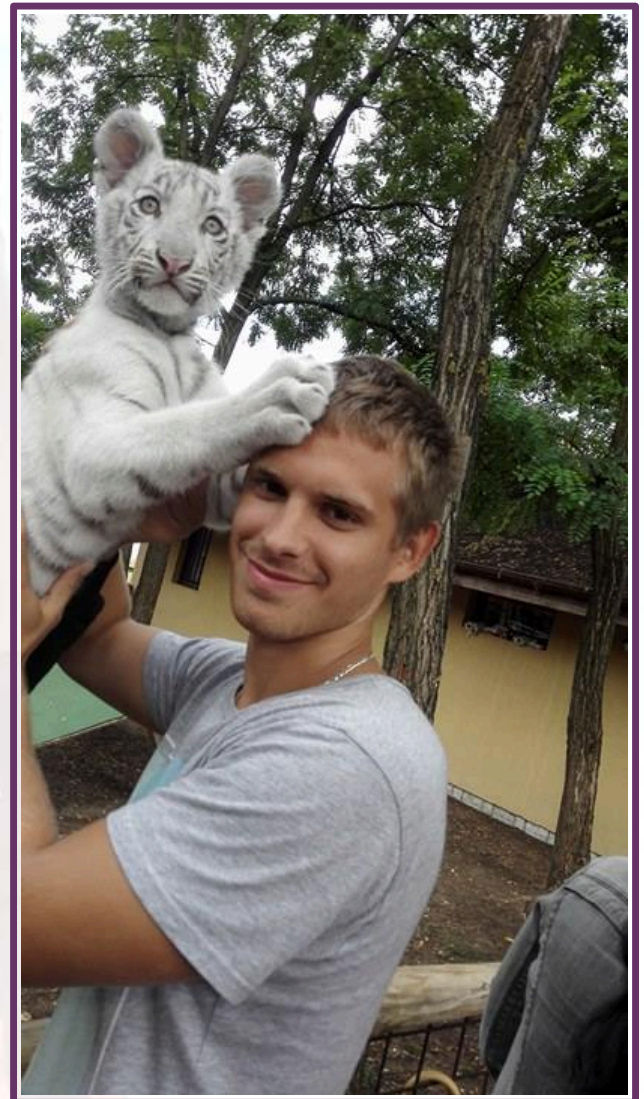


A NEW SPORT IS BORN THANKS TO ANIMALS.

ANIMALS AS AN INSTRUMENT TO GET A BETTER HEALTH.

Nowadays, new sports are being invented all over the world. The most difficult part is to make it suitable and exciting for more people as possible, reducing costs and resources, so sometimes things have to go hand in hand for making you do all your necessities in time. If you don't have time to do your exercises and walk your pets, don't worry, now we found the newest sport that will help you do both of them in just 30 minutes and it's called "Zum-pets".

Everybody knows what zumba is, a dance fitness program that allows you to reduce calories, increase your strength and flexibility, while dancing and having fun. But now, you will probably say "Ok, but zumba with pets? How is that possible?". The answer is quite simple. You just bring your pet, either it's a dog or a cat, to a "Zumba with pets" session and the magic begins.

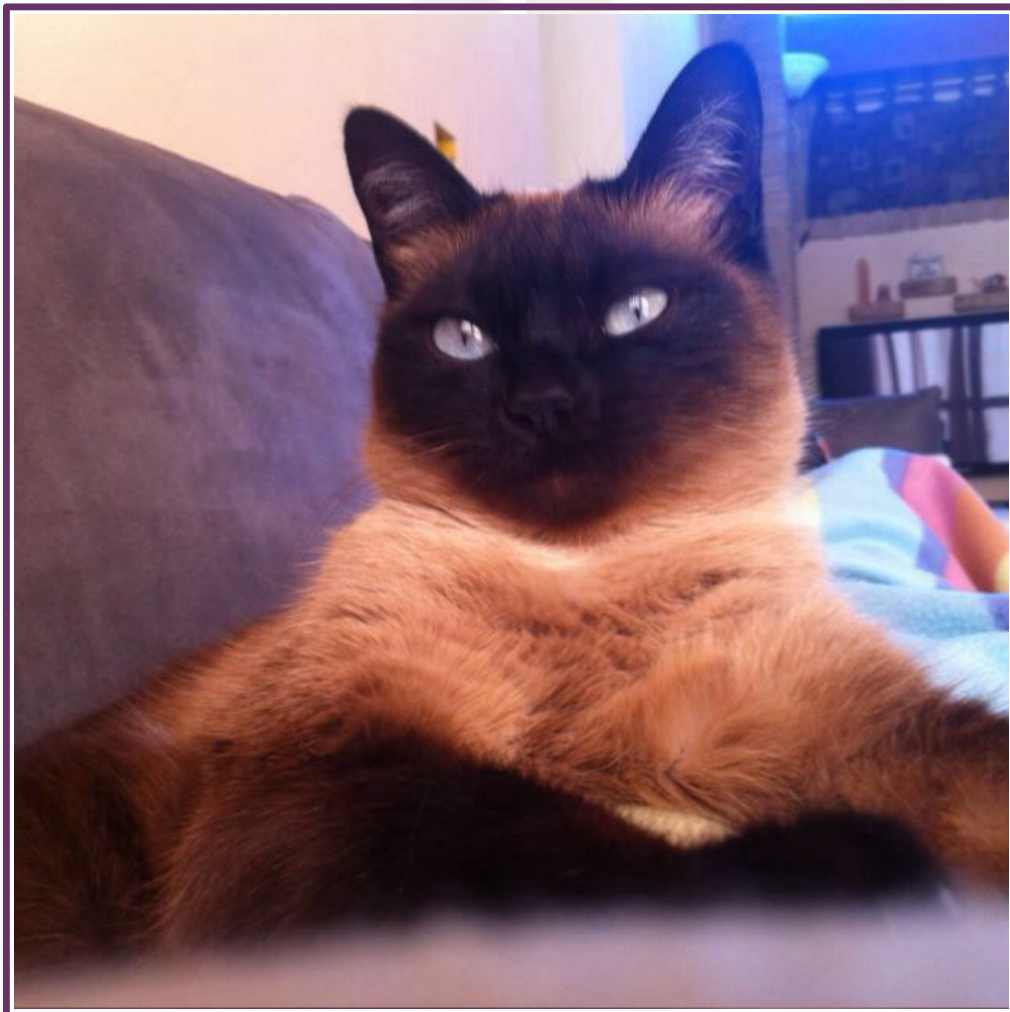


Each session is individual and unique, coordinated by a personal instructor for you and your animal friend, so you won't have to worry about how your pets are moving and if they need water or something else. Also the personal instructor will be there to assure that you and your pet will coordinate and, of course, have fun. The workout will begin with some warm up and cool down exercises and then the instructor

will show you the moves and also to your pet, who will, of course, be motivated by some snacks.

This sport it really useful for you and your pet as it can boost the calorie burn, help activate the glute and muscles and train both of your mental capacities, which is a really big plus for your pet as it will become more concentrated and tamed.

So, if you are a pet owner that hasn't got so much free time and want to do sports and also spend time with your animal friend, why not give "Zum-pets" a try, we will guarantee you that you will not be dissapointed !



GAME

FIND THE 15 WORDS THAT WE HAVE MIXED INTO THE TABLE.

NOTE THAT ALL WORDS ARE STRIGHTLY RELATED TO THE PREVIOUS ARTICLES.

G	H	Q	Z	O	P	H	I	A	E	I	G	C	H	J	K	P	G	Z	U	N	M	P	X	V	B	M	M	M	N
G	F	N	J	W	G	D	U	I	G	Q	H	J	K	P	Q	I	O	U	L	K	J	H	E	A	L	T	H	H	J
F	P	F	L	G	E	I	Y	O	Y	T	K	Q	Q	X	E	O	K	M	L	S	G	R	U	K	R	O	U	Q	O
F	O	O	T	B	A	L	L	P	N	U	T	R	I	T	I	O	N	B	P	T	S	O	J	F	E	P	N	A	P
A	L	G	H	F	G	D	L	T	I	G	L	S	E	D	E	N	T	A	R	I	S	M	F	H	Y	P	G	E	K
O	A	N	H	T	N	Q	G	N	O	F	I	T	N	E	S	S	P	H	W	T	F	A	K	S	U	K	A	G	Q
M	N	P	K	P	L	A	H	R	E	U	T	Y	E	P	Y	H	W	I	L	L	I	N	G	G	L	H	R	L	Z
L	D	L	N	O	K	Q	D	E	P	S	W	I	R	R	Q	F	T	W	Q	K	L	I	F	E	S	T	Y	L	E
C	D	I	E	T	A	Z	A	W	L	P	S	Q	G	T	N	U	F	K	W	S	U	A	E	W	W	Y	L	Q	X
B	G	J	K	D	A	Y	E	C	I	T	A	L	Y	Q	M	K	Q	M	P	K	J	Q	H	Q	W	Y	Q	Z	C