

issue 01

october 2021

# S.Y.L.

style your lifestyle



inside: Should Fast Food Be Banned by Coco;  
Creating a Healthy Lifestyle Plan by Eren; Do's  
and Don'ts On Healthy Lifestyle Choices by Marija



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## the cover

We would like to thank Explorer Scientist Dr. Razvan for his great contribution to our magazine cover image and also Teo for her contributions with directing him while taking the pictures and being with us



Photograph by Dr. Razvan himself

Photograph by Marija herself

issue 01

# contents

october 2021



04

## YOUR HEALTHIER CHOICES

Explore the article written by Eren on the topic of creating a healthier lifestyle

06

## THE HEALTHY NINES

We go under the surface and reveal the exclusive article written by Marija

08

## FAST FOOD, YES OR NO?

We got up extra early to experience the wonder to read the article written by Coco about whether you should keep fast food in your life or not

10

## MATCH THE WORDS

Our friends from different countries helped us to create a matching word game, with different languages!

42

## THE LIGHTHOUSE

The 300-year old lighthouse on Wakama Island is a testament to the hands of time. Photos inside!



# your healthier choices

by Eren

Eren Buğra Biler

Ever wondered about changing your life for the better? Than this article is the one for you. You might be seeing social media influencers talking about it nowadays and since it is a very popular topic you might've also thought about participating.

Maybe you're interested in losing weight, being more physically active or just feeling healthier.

So, since I've introduced you to what should you be expecting, it is time that we start talking about your diet choices. You should never never miss the three main meals such as breakfast, lunch and dinner, you can also have snacks during the day as soon as you know your limit. Writing up a meal plan or consulting a professional about it would be your first step to a healthier life. Also one of the keys for your meal plan is maintaining a balanced diet. A balanced diet plan should include all five food groups such as fruits, grains, proteins, vegetables and the dairy group. Paying attention to your portion sizes is also a vital thing. If you can, you should calculate the calories and if you can't, just don't eat more than you'd normally eat.





Second step to your healthier lifestyle plan would be participating in more physical activities. If you don't enjoy the exercise you are doing, find one that you enjoy and have fun. As soon as you found an exercise that you truly enjoy, it will also help your emotional and mental health. What we can also understand from this sentence is having a healthier life doesn't just mean healthier body, you also need to have a consistent mental health to consider yourself as healthy. Anyways, if you make a music playlist for the times when you're doing your physical activities, that will make your exercise more enjoyable and bearable. Finding a work out buddy will also get you motivated for your goal of having a healthier life.



Third one and one of the most important things that you'll do for yourself is going to be following the 80/20 rule. Which means that 80% of the time you choose healthy activities or things related to your goal of a healthier life. And 20% of the time you may go for different pleasures that will make you happy, such as sleeping instead of doing your morning exercise or having an extra glass of wine on a Friday evening. For the rest of your choices would be giving up smoking, trying to manage stress with meditation, seeing a therapist and last but not least and one of the most important ones would be getting more sleep.





Marija Tičić

# the healthy nines of do's and don'ts

By Marija

*Sleep-Eat-Breathe-Exercise-Repeat!*  
*Add some friends to it and you're good to go.*

## DO'S

### SLEEP...

... finding the number of sleeping hours that you need and creating a healthy sleep hygiene

*\*Oh, and... put that phone away!*



### EAT...

... a little bit of everything and not too much of just one thing (balance is the key)!



### MEDITATE...

... as it lowers your stress levels and helps you regulate your emotions.



### RELAX,

even if society tries to call you lazy for it! Learning to rest and allowing yourself to do so is of great importance for both your cognitive abilities, stress and physical condition



### SCHEDULE...

... your day but without making it too strict. It's always good to know where you're going so you can know whether or not you are closer to the where you want to be



### EXERCISE...

... at least 15 minutes per day every day rather than overdoing it during just one day and therefore putting too much pressure on your body



### SOCIALIZE!

We need each other. Human beings and meaningful interactions are crucial for our mental health and general well-being.



### QUIT...

... at least one thing that you're doing wrong. Making changes is difficult. Start with deciding on eliminating that one thing that you know you could and your life will start to improving significantly.



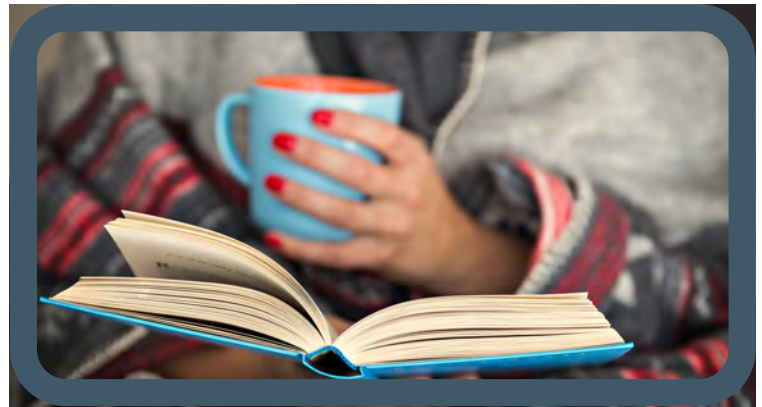
### LISTEN...

... to your body. What does it need/how do you feel? We have an inner compass that usually whispers & reflects important things back at us—they're worth having a listen.



**REMEMBER:** Individual differences make us unique and are to be respected.

*Inform yourself of healthy choices. Don't trust everything you read/hear*



## DON'TS

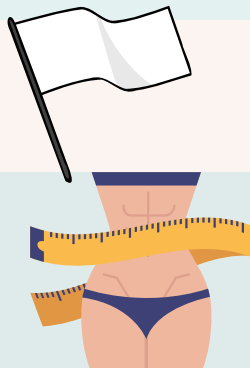
### SET YOUR GOALS TOO HIGH

... or try to do too much in little time. It's demotivating! Try valuing small improvements instead.



### GIVE UP TOO SOON!

Results take time!



### FOLLOW AN EXTREME DIET PLAN

They never work!



### COMPARE YOURSELF TO OTHERS!

We are all different, what applies to you may not apply to someone else and vice versa.

### ACCEPT LONG-TERM STRESS AS NORMAL!



Just because we live in the 21st century and the society is becoming more prone to stress doesn't mean it isn't a problem

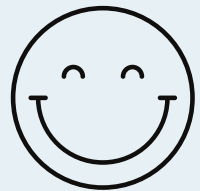
### THE BASIC RULE:

try limiting alcohol and sugar consumption



### RULE OUT THE PLEASURES OF YOUR LIFE!

Live a little!



### DESIGN A LIFESTYLE YOU WILL HATE!

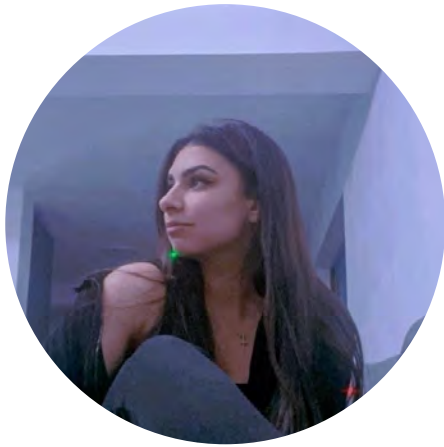
Design a lifestyle that you will love



### FORGET TO REWARD YOURSELF!

...and follow your progress!





# should you keep fast food in your life

By Coco

Coco Lambescu

Fast-Food is nothing more than mass-produced for commercial resale, well known for speed of service and no quality of food (too much unnecessary salt, fat, low quality meat and sugar, and not enough protein, fibre or vitamins)

A study that came out in 2008 showed that 1/3 of the heart diseases are caused by consuming too much Fast-Food. More than that, there are many other complications that may appear: obesity (especially kids 9-18 years old), skin problems, high risk of developing asthma, hypertension and high cholesterol.

Many countries actually consider taking legal actions against Fast-Food industry

In the same time, we are responsible for our own actions, health and for taking care of our bodies. A low/moderate consumption of Fast-Food is not as bad, especially if we are having a balance in our lives.





Other alternatives rather than banning them, would be:

- \*educating people about the risks*
- \*raise an awareness program*
- \*maybe even limiting by*
- \*limiting the number of Fast-Foods per region*
- \*by means of increasing taxes*



## PRO's and CON's of BANNING FAST-FOOD

### **PRO's**

- shortens life expectancy
- unhygienic conditions
- people will be supporting more small businesses
- less plastic will be used
- people would eat healthier

### **CON's**

- people will be eating healthier food
- less jobs
- it may be beneficial when traveling
- get to practice self control

# Match Words



Draw a line to match the word on the left to its synonyms  
of their matching language.

Water ●

Fat ●

Food ●

Sugar ●

Relax ●

Fruits ●

Work out ●

Vegetables ●

Health ●

● Mancare

● Rahat

● Zdravlje

● Su

● Masnoc'a

● Meyve

● Legume

● Antrenament

● Seder



# OUTRO

First of all we would like to thank our facilitators who are:

Mario for hosting most of the workshops and being great to us and not leaving us unemployed

Teo for also helping us in any matter and hosting us

Razvan for being such a friendly and a funny person and a great doctor

Luci and Adi for picking us up from the Train station at 4 AM  
and being such a great police and a border officer

And last but not least we'd like to thank to the sponsors of this event for making it possible.



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.