



NEWSLETTER

Supporting Gamified Physical Activities in and out of Schools

That is what the abbreviation „SUGAPAS“ stands for.

Less than a third of adolescents in Europe are reaching the recommended amount of weekly physical activity, approximately one in five teenagers is overweight and studies show that there is a lack of awareness about healthy nutrition in children and young adults. Keeping in mind all the risks and illnesses associated with overweight and obesity, we need to intervene.



What can we do?

Institutions of eight countries formed a collaboration and started the project SUGAPAS to motivate children and teenagers to obtain a healthy lifestyle by keeping up an optimal amount of physical activity and improve their knowledge of a healthy diet.

How can we do that?

Using the latest technologies and the attraction of children and adolescents to new media, we chose a gamified approach. Within the project, two games will be developed to first motivate kids to get more exercise and second to obtain and apply knowledge about healthy nutrition and a healthy lifestyle.



Just for kids?

By developing an online platform we give students, teachers and parents the opportunity to learn about how to achieve and maintain a healthy lifestyle, get teaching materials and tips and a possibility to connect and exchange information.



<http://sugapas.csd.auth.gr/>



<https://www.facebook.com/sugapas.plus.7>



https://www.instagram.com/sugapas_plus/



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First presentation of SUGAPAS in Greece

On 12 June Thrasyvoulos Tsiatsos from the Aristotle University of Thessaloniki presented the SUGAPAS concept at the Greek Conference of Physical Education Teachers. The conference took place online as a part of the 28th International e-congress on Physical Education & Sport Science between 12 and 14 June 2020.



For everyone who missed the event and wants to know more about the project, you can watch the full video on Youtube: <https://www.youtube.com/watch?v=i3MMEJq9Smo>

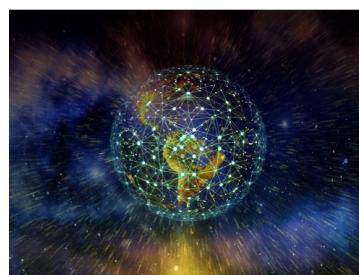
Next Events

The first Multiplier Sport Events which will introduce the aims and concept of SUGAPAS will take place in June. Due to the current situation both events will be held online, which is a benefit for all those who would like to join from afar.

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| Lithuanian Sports University | 22 June 2020 |
| Aristotle University of Thessaloniki | 24 June 2020 |

SUGAPAS goes Online

As a lot of things shifted to the internet in the first half of 2020, we pushed to finish our webpage and our social media profiles. From now on you won't miss any news about SUGAPAS as you can follow us on Facebook, Instagram and Twitter. More detailed information about the project and all our partners as well as useful material you will find on our website: <https://sugapas.csd.auth.gr/>


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