



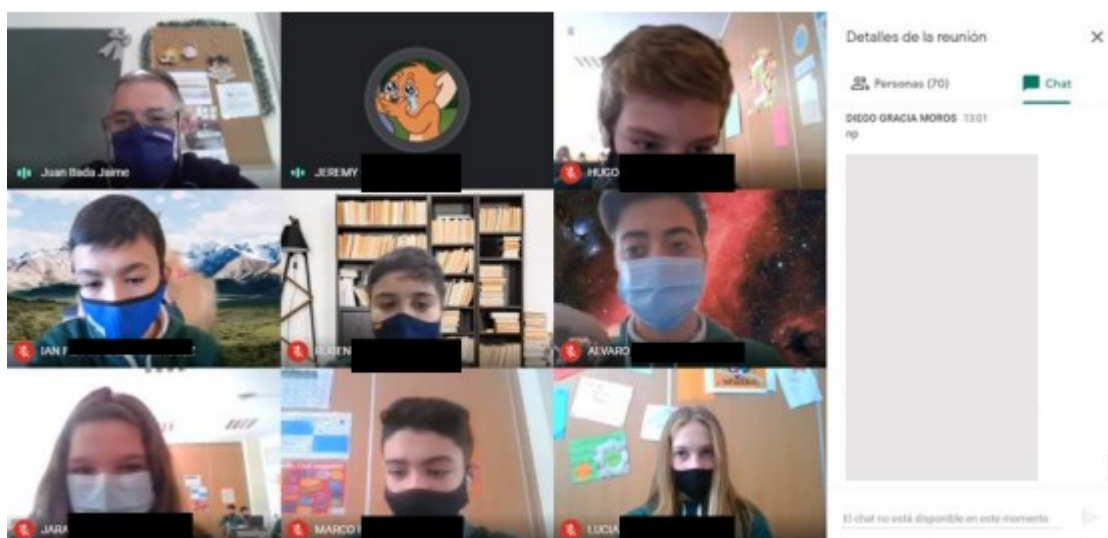
NEWSLETTER

SUGAPAS event in Spain sheds light on students' thoughts about a healthy lifestyle

On 17 December 2020 the Catholic University of Murcia organized a SUGAPAS Multiplier Event in Spain. The invitation attracted more than 70 Spanish students who took part in the webinar.

Topics of the presentations were the project „SUGAPAS“ as well as students' lifestyle, especially physical activity and nutrition habits in Spain and the consequences and possibilities of the pandemic situation and online learning.

With the help of a questionnaire, the event could shed light on some questions about barriers and solutions to becoming more physically active. Young adults primarily blame a lack of time and energy or motivation for not doing sports. However, the adolescent participants were quite aware of the need for being physical active to develop and maintain a healthy lifestyle. Besides more sports offers students and teachers also see a possibility for the use of mobile applications to promoting and encouraging physical activity.



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



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SUGAPAS presented in Canada and Israel

Under the leadership of the Lithuanian Sports University, first results of the SUGAPAS project were presented at the 6th International Congress of Exercise and Sport Sciences from 9–11 June and the AIESEP conference from 8–10 June 2021. Both events were held online, the first one was organized by Academic College at Wingate in Israel, the second one by the International Association for Physical Education in Higher Education in Canada.



After a short introduction of SUGAPAS, its aims and ideas, the results of the survey conducted within the framework of the project were shown. Almost 950 adolescents aged 12-17 years were questioned, a vast majority of those stated, they were of average or lower level of fitness and could not achieve the internationally recommended amount of weekly physical activity. An additional analysis of students' leisure time activities revealed a preference of sedentary activities, like social networking or using screens for entertainment. The results indicate that there is a strong need for the implementation of physical lifestyle interventions to motivate adolescents to adapt and maintain an active lifestyle contributing to their health which shows the relevance of projects like SUGAPAS which offer a tool to support the decision towards a healthier lifestyle.









Notice: Format change Online Congress!!!
New Dates:
9–11 June, 2021

The 6th International Congress of Exercise and Sport Sciences

The Academic College at Wingate



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Multiplier Event in Austria with Salzburg's nutrition experts

The ASVÖ Salzburg cooperates with nutrition experts from AVOS (work group for preventive medicine) in organizing the first online SUGAPAS Multiplier Event in Austria. The aim is on one hand to inform teachers, parents and students about the project SUGAPAS, on the other hand, a nutrition expert from AVOS will give insights and tips on how to motivate children and adolescents to eat healthier. With the project „Healthy Schools“ AVOS helps primary and secondary schools through a process of implementing strategies to improve students' health.

With this expertise, the organisation makes a perfect partner for ASVÖ to spread the word about the necessity and measures of a healthy lifestyle in schools.



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



Erasmus+ Sport Collaborative Partnerships Project

Supporting Gamified Physical Activities in & out of Schools (SUGAPAS)

Multiplier Sports Event SUGAPAS

Webinar “Healthy nutrition at school”

Invitations have been sent to all primary and secondary schools in the federal state of Salzburg. The event will take place on 22 September at 6 p.m, anyone who wants to join can use the following link:

<https://us06web.zoom.us/j/85895309484?pwd=RU51anpnVVk2MFB0bTZRaStFSjJoQT09>

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