



Corrective VET international training
for obesity prevention and healthy life style promotion

CORRECT IT!

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Intellectual output No.1: HEALTHY LIFESTYLE CONCEPT ANALYSIS AND COLLECTION OF GOOD PRACTICES

The publication highlights key healthy lifestyle factors, assesses the importance of a healthy lifestyle and introduces the main causes of obesity. The general aim of this study was to collect obesity prevention good practices and healthy lifestyles concept definitions in partner countries.

According to the WHO, a person's lifestyle has up to 50 percent of his health, while the living environment and heredity have only 20 percent significance for the individual's health, and medicine contributes only 10 percent to a persons' healthy. What shows that the person himself is responsible for his health, well-being and the body's conditions.

Partners collected good practice examples in schools, workplaces.

More information and whole document you can find:
<http://correct-it.eu/>

On 16 of March Project partners meeting took place in Foggia, hosted by project partner Foggia University, Italy.

Partners discussed **Correct IT** curricula and training material and planned next project stages.



Intellectual Output 2

***Correct IT* – TRAINING CURRICULUM:**

Corrective VET
international training for
obesity prevention and
healthy life style promotion

***Correct IT* Training**

Curriculum is based on the
main needs identified in the
first Intellectual Output of
the project. The Curriculum
consists in a total of six
modules:

- Causes of obesity and health risks
- Nutrition education
- Prevention strategies
- Physical activity
- Lifestyle and mental health
- Attitude change and media influence

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