



## ***Stay Hungry stay active: lifestyles for a long health span.***

**LLP Intensive Programme International Summer School in Education and Sport.**

**1-13 June 2013, Rimini and Bologna – ITALY**

### **Location**

Rimini 1-9 June – (Ascot Hotel 4 star)

Bologna 9 June

Rocca Corneta (Bologna) 9-13 June – (Fattoria Castelli)

### **Programme background:**

This year the summer school will be dedicate to *health span*.

Everybody desire its own life to be long and healthy and this school will be dedicated to learn what recent Science it is telling us we should do to improve our chances for a long and healthy life. Also the school will be dedicated in learning the best effective ways to guide others into the path to an healthier life. The demography of our society is changing fast and now more then ever we need professionals experts in diseases prevention more that in diseases curing.

Healthy diet and active life style are the two columns of disease prevention, this Intensive programme will be dedicated to learn ways and techniques to improve nutritional habits and increase physical activity for people of all the different ages of life: youth, adulthood and seniority.

### **School structure: theoretical and practical class:**

Theoretical class will take place in the mornings.

Everytime it will be possible practical active lessons in the afternoon will take place on the beach.

### **Contacts and informations:**

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