

our language is sport

Outline of activities related to support for refugees

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**World Health
Organization**



INSTYTUT SPORTU
PANSTWOWY INSTYTUT BADAWCZY



Integration sports events Be active be healthy.



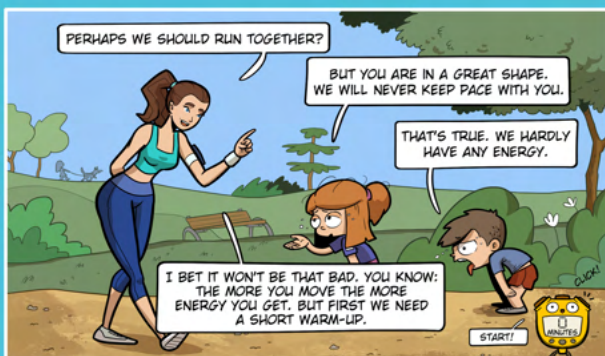
Integration sports events. With Santa Claus.



Participation of nearly 1 500 children in several cities in Poland

Bądź
aktywny
Bądź
bezpieczny

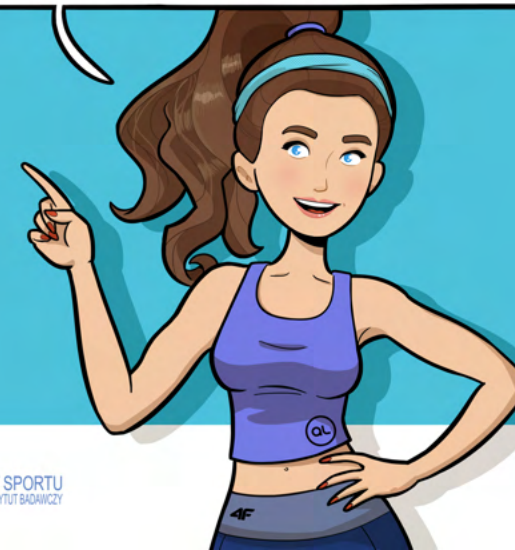
Bądź aktywny, bądź zdrowy!



REMEMBER!

- **WHEN YOU EXERCISE**, YOUR BODY RELEASES ENDORPHINS - SUBSTANCES RESPONSIBLE FOR FEELING JOY AND SATISFACTION!
- **SPORT ADDS ENERGY AND STRENGTHENS OUR MUSCLES!**
- **EXERCISING OUTDOORS** IS PURE HEALTH: IT PROVIDES OXYGEN FOR THE BODY, IMPROVES YOUR MOOD AND ENERGIZES YOU!
- **EXERCISING REGULARLY** IMPROVES YOUR ENDURANCE AND MAKES YOU OPEN TO NEW SPORT CHALLENGES!
- **60 MINUTES A DAY** - THIS IS HOW MUCH TIME KIDS AND YOUNGSTERS SHOULD SPEND ON EXERCISING EVERY DAY, ACCORDING TO WORLD HEALTH ORGANIZATION RECOMMENDATION!

MY NAME IS ANNA LEWANDOWSKA, I AM A MULTIPLE KARATE CHAMPION, DIETITIAN, FITNESS COACH. I ENCOURAGE EVERYONE TO DEVELOP HEALTHY HABITS SUCH AS: EXERCISING REGULARLY, OR MAINTAINING A HEALTHY DIET. AN ADEQUATE AMOUNT OF EXERCISE A DAY IS VERY IMPORTANT TO ME - THAT'S THE WAY I TAKE CARE OF MY HEALTH AND GOOD MOOD AS WELL.



#PROGRAMSKS
#BADZAKTYWNYBADZZDROWY
#WZDROWYMCIELEZDROWYDUCH

#SPORTTOZDROWIE
#AKTYWNEDZIECI
#AKTYWNAMLODZIEZ



PARTNER GŁÓWNY



The project in numbers

- In 2023 we will have nearly 5 000 children from Ukraine in the School Sports Club Program.
- PFA training for nearly 40 coaches from all over Poland 14-16 march 2023
- 32 PFA course for nearly 600 teachers throughout Poland.