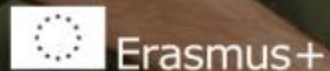


SANTARÉM POLYTECHNIC UNIVERSITY

# INTERNATIONAL XIV WEEK

STRENGTHENING STRATEGIC AND STRUCTURED COOPERATION  
BETWEEN HIGHER EDUCATION INSTITUTIONS

12TH TO 16TH MAY 2025



HEALTHY LIFESTYLE NETWORK EUROPE



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

**Vera Simões, Carla Borrego & Susana Franco**





- A combined intervention with healthy behaviors, such as **Physical Activity, Healthy Eating** and **Positive Mindset**, is essential for **health** and **well-being**.
- For this, **healthy literacy** and **lifestyle behavior awareness and changing** should be promoted.

- 
- New Health 2022
  - 3 years European project (2020-2022)
  - Financed Erasmus+ Programme of the European Union (Project no. 613045-EPP-1-2019-1-NL-SPO-SCP): 369.250€
  - Objective: Improve healthy lifestyle of the European population, using healthy literacy and awareness of lifestyle behavior changing, through **physical activity, healthy eating** and **positive mindset**. (7 full partners from different European countries).

# NEW HEALTH EUROPEAN PROJECT

[www.new-health.eu](http://www.new-health.eu)



Co-funded by the  
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PERSONAL  
HEALTH



NEW  
HEALTH

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## LIFESTYLE SCAN

### LIFESTYLE SCAN

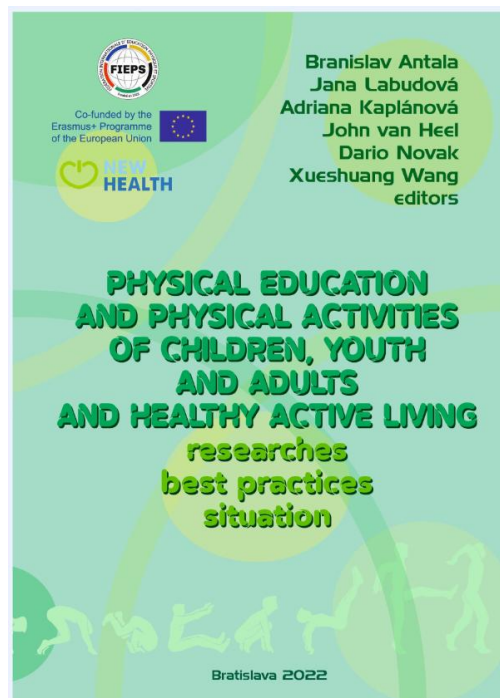
Give your answer per question and view the result after the last question.

Start test ▶



<https://new-health.eu/en/lifestyle-scan>

## FREE e-BOOK



<https://new-health.eu/en/resources>

## Free “New Health App”, for Android and iOS



iOS: <https://apps.apple.com/nl/app/new-health/id1631130296>

Android:

<https://play.google.com/store/apps/details?id=com.etailors.newhealth>



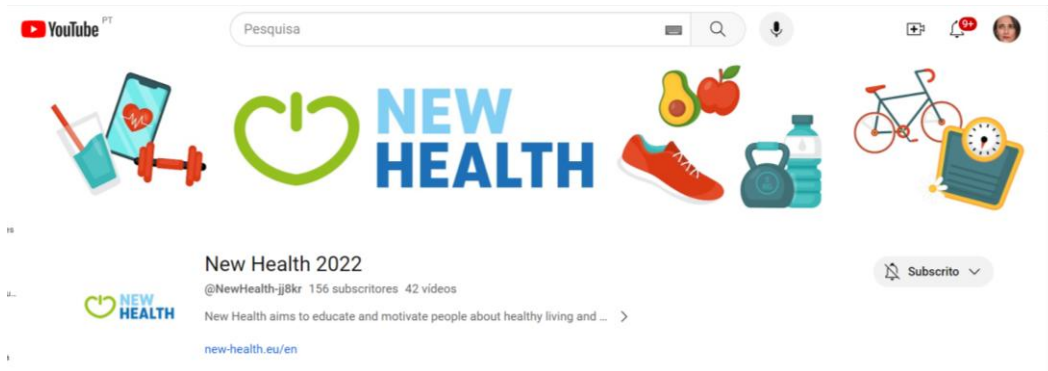
# NEW HEALTH



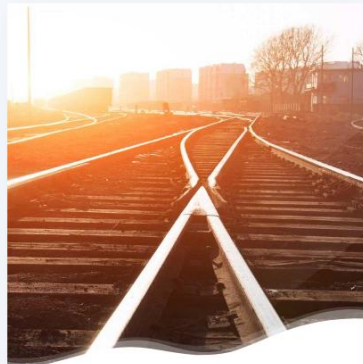
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# LTH EUROPEAN PROJECT

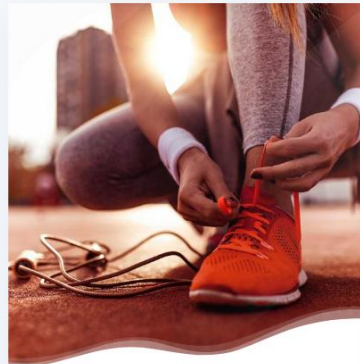
## YOUTUBE CHANNEL



<https://www.youtube.com/@NewHealth-jj8kr/videos>



The turning point of  
Homo Sapiens



Exercise as medicine



Food as medicine



The brain as medicine



- Healthy Lifestyle Network Europe
- 3 years European project (Nov/2023-Oct/2026)
- 8 full partners
- Financed Erasmus+ Programme of the European Union (ERASMUS-SPORT 2023-SCP; Project number: 101133533 - HLNE): 400.000€
- Objective:
  - **Improve the healthy lifestyle of people** with health problems throughout Europe, against: overweight and obesity, diabetes, cardiovascular diseases, and other illness related to inactivity, unhealthy lifestyle and stress.



# DEVELOPMENT OF WP

## ■ WP2: HEALTHY LIFESTYLE PROMOTER

- Development of **Healthy Lifestyle Promotor** (EQF2), **online course**, in all partner languages;
- **Train** at least 125 participants to **Healthy Lifestyle Promoters**, per partner: **1.000** in total
  - Free **education** through the created “Healthy Lifestyle Promoter” course, constituted by 3 parts:
    - Exercise as Medicine
    - Food as Medicine
    - Brain as Medicine



# WP3: Enhancing the lifestyle of 50 European consumers per Healthy Lifestyle Promotor

- Educate at least 50 **consumers** per Healthy Lifestyle Promotor:  
(1000\*50) **50.000** in total



# WP4: Train Healthy Lifestyle Coach

- Development a new **Healthy Lifestyle Coach course** (EQF);
- Translation the course, to all partner languages
- Training of at least 10 Healthy Lifestyle Coaches, per partner (80)
- Evaluation of the pilot with partners and participants and optimization of the program based on the feedback
- Coach at least 5 **consumers** (including people with disabilities), per Healthy Lifestyle Coach: **400** in total

# WP5: Healthy Lifestyle Network

- Create a [Healthy Lifestyle Network](#), with professionals and partners.





**NEW  
HEALTH**

HEALTHY LIFESTYLE NETWORK EUROPE

[www.new-health.eu](http://www.new-health.eu)



- Scan me & create an account

Obrigada!



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