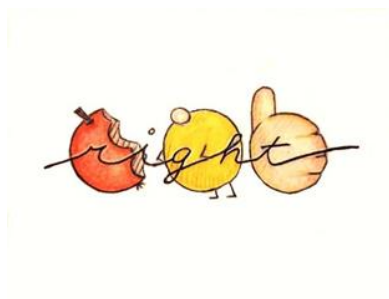




Līdzfinansē  
Eiropas Savienības  
Erasmus+ programma



Project magazine no.2.

**Eat right! Move right! Feel right!**

Project no. 2020-1-DE03-KA229- 077241\_3



Students of Ādaži secondary school organized interviews with the members of our society- parents, teachers and other health specialists to find out more on the vital topics- well-being, health, activities and overall- WHAT MAKES US HAPPIER?

Here is the interview with **LIENE**, mother of three and a wife and also a woman who takes her well-being very seriously.

**Marta: What does your everyday routine look like?**

Liene: At this moment my everyday life is very immobile, unactive, monotonous, I spend all of my time at home with my children and because of them being ill often and the weather being absolutely horrible, I can't leave my house. Now that spring is coming upon us and the weather is getting a little bit better, I soon hope to go out for walks with my children. Even though the kids



are mostly sick with the common cold, it is not recommended for them to go outside in this cold. Right now my numbers on the scale are the biggest I have had in my life, well except when I was pregnant of course, but since the beginning of January I have started going to the gym. I try to go to the gym 3 times a week, but realistically I get to go twice a week. I attend the gym in the evenings, and right now that is the place where I get to move and be active. I do cardio for 30 minutes either on a treadmill or on a bicycle, and then for 30 minutes I do strength training.

**Marta: How has your routine changed, now that you are a mom of 3?**

Liene: At first, I thought that when I'm gonna have children I will be very active, but for me to manage to cook a meal, clean the house, take care of my kids, I have to spend a lot of time in my apartment, and at home my movement is limited. It's my own fault, because right now I do not have the motivation, to spend at least 30 minutes a day, every day to small training sessions. Sadly, I just don't have the motivation to do it. I am tired, burned out, I don't get enough sleep, because my children wake me up at night, sometimes even multiple times. Not getting enough sleep, gets back at my weight, physical and mental health. Sleep is very important.

**Marta: What does your family's diet look like? Are there any products that you don't eat anymore?**

Liene: We have not stopped eating any products. Personally, I don't use a lot of sugar, almost no sugar. I try to teach my children to eat healthy, when they ask for a snack, I will give them fruits or vegetables, for example carrots, cucumbers. My son loves broccoli, raw broccoli pieces, he likes cucumbers, tomatoes. We try not to give them sweets but teach them that it is possible to eat healthy but tasty snacks. We cook meals ourselves, we



barely eating takeout food. if me and my husband, do decide to get takeout we usually order sushi, which is quite healthy. Eating out is very rare for us.

**Marta: Do you get the children involved in the cooking process?)**

Liene: Yes, I do. I involve my son and my eldest daughter; my son likes it the most.

**Marta: With what purpose do you want to show your everyday life on social networks?**

Liene: It has always been my dream to create content, that I can post on social media. It really binds me, I like to do it. it is kind of that little hole inside of me, that is filled up by me creating content. I don't do it on Youtube, but I post it on tiktok, Instagram. At first it is very hard, for anybody who hasn't done it before, and that's why I do it so often, I try post as often as I can, so it becomes easier for me. Maybe someday it will become my career.



**Marta: What is your advice to moms who also want to live a healthy lifestyle, but don't seem to find a way to balance everything out?**

Liene: They just need to start doing it. the motivation is not just going to show up out of nowhere. Neurologists have proved that there is no such thing as motivation. The motivation shows up for people, when they have

already started doing the thing that they want to do. With every step that they take, they start loving it more and more, because they get used to it. that is the only way to get motivation. the second advice I have is, when a person starts doing sports activities, they need to start doing it realistically. hypothetically speaking I could start a very strict diet, go to the gym 6 times a week, lose the weight really quickly, but it is gonna come back just as quickly as it was lost. Right now I am trying to understand my eating habits and slowly change them. For example, on a Friday evening, if I want a snack, instead of getting a bag of chips, I buy hummus, red pepper, carrots, cucumbers and other vegetables. I really like those foods and they are healthy. I even get the satisfying crunch from those foods, but I eat 10 times healthier rather than if I ate chips, that are full of salt fats and other products that shouldn't be consumed in large amounts. It is really important to start slow. If a person, who has done nothing before, starts going to the gym 5 times a week, does harsh trainings, and goes from 0-100 in seconds, they will do more harm than good for their body and mind.

**Marta: What is the most important lesson about a healthy lifestyle that you want to teach your children?**



Liene: The most important lesson, that I want to teach my children is to have healthy relationship with food. I don't want them to binge-eat or to avoid food at all. There needs to be balance. My children also will be doing physical activities. Children, starting from 7 years old need to do 1 hour of activities every single day. Running, jumping, being active, to make their hearts move. A heart is a muscle, and if a muscle isn't worked, it won't grow. So it is really important to use that muscle. That is why my children will be doing physical activities every single day.

## Our modern lives in the 21<sup>st</sup> century- what are they through the eyes of 12-graders?

I chose this picture because I think space travel is a popular topic when talking about the future of our race and planet. People often fantasize about living on the moon and mars



because earth is no longer inhabitable. I find space interesting and mind blowing that people can leave this planet and travel elsewhere like the moon and come back unharmed.

I chose this picture because it is one of the most talked problems in today's society - the environment. It is important to reduce pollution to our planet, because we live on it, we are harming ourselves and future generations.



I chose this picture because, it shows that people nowadays spend a lot of time on their phone. The modern phone has a lot of functions that attract people like communication, information, entertainment, GPS and so on.

This picture describes knowledge, people learn new information all the time and educate themselves on various topics.





Nowadays, many teens devote themselves in gaining as much knowledge as they can, so they can guaranteed a bright future for themselves, like a great job.

In this picture, we can see the internet, nowadays people use their phones or computers regularly, to accomplish all sorts of tasks- talking to friends, entertainment, gaining information, making business deals. In this day and age, people can not function without the internet and devices.



Lastly, in the third picture, we can see people partying, nowadays we live in a society that really loves to relax themselves through partying. It is a way for people to socially interact with each other and dance their hearts out. Additionally, it can be a great way to make new friends to talk to.

## Research work in Ādaži Secondary school

In order to receive information and data about students' daily habits

regarding eating and sports habits, as well as their levels of well-being, a research was conducted and students gathered

Eat right, move  
right, feel right!

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Research work



Grēta Skadiņa 10c

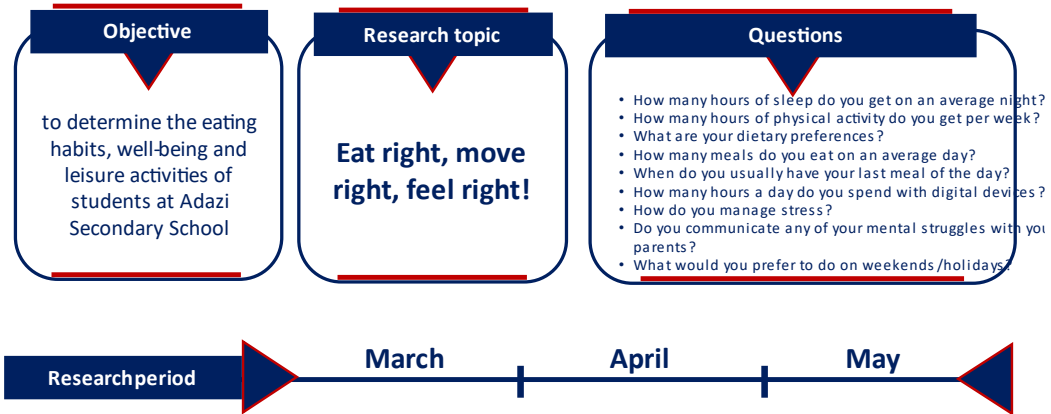
Ādaži secondary school



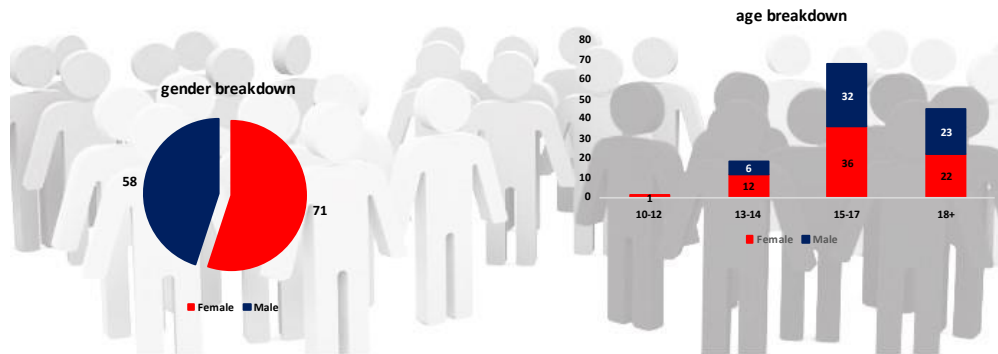
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information which is presented in the following slides.

## Objective and characteristics of the research



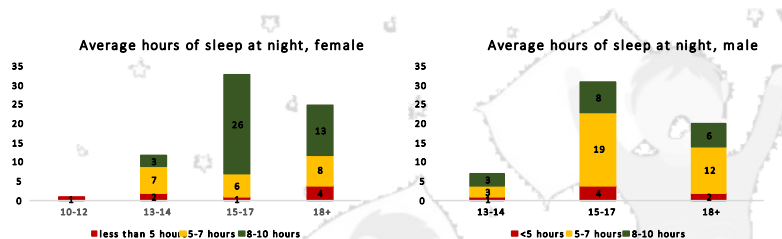
## Sample population and its characteristics



Sample of the research consisted of 129 students from Adazu Secondary School; The majority of them (56%) were girls and 44% - boys.

Students aged 15-17 were the most active, followed by students aged 18+, with an even gender split between age groups

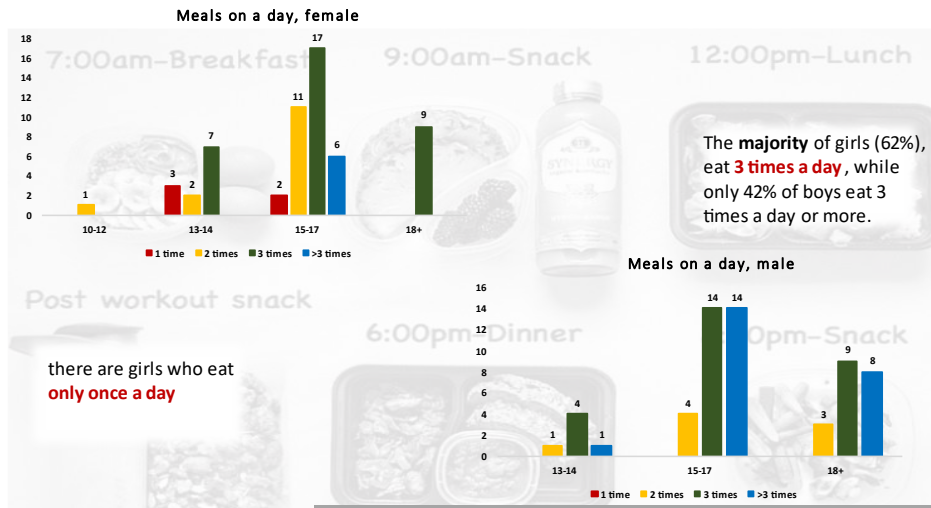
## How many hours of sleep do you get on an average night?



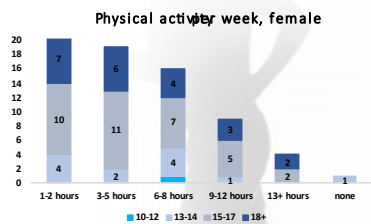
60% of girls sleep **8-10 hours** a day; most of them (36%) are girls aged 15-17.  
11% of girls sleep less than **5 hours** a day.

60% of boys sleep **5-7 hours** a day; third of them (33%) are boys aged 15-17.  
12% of boys sleep less than **5 hours** a day.

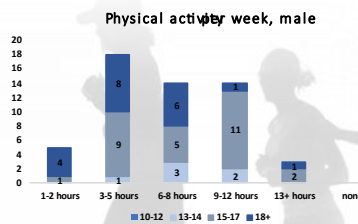
## How many meals do you eat on an average day?



## How many hours of physical activity do you get per week?

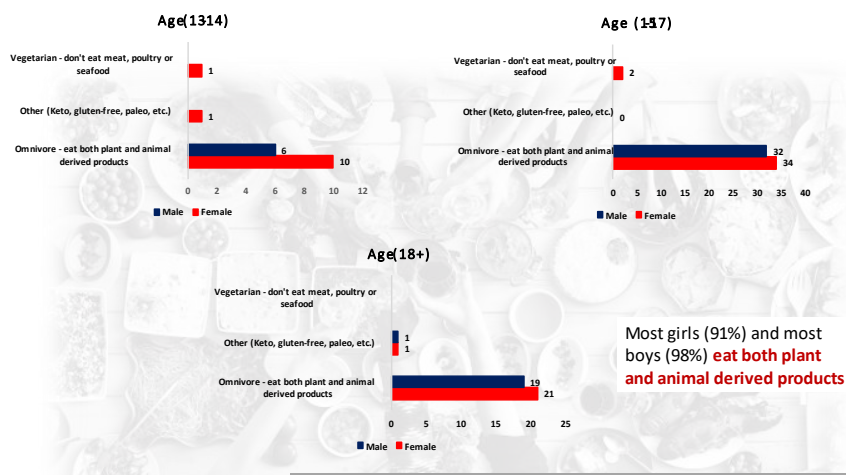


**40% of girls** do between **1 and 5 hours** of physical activity per week.  
The vast majority (77%) of girls do sport for up to 8 hours a week, it is about **1 hour a day**

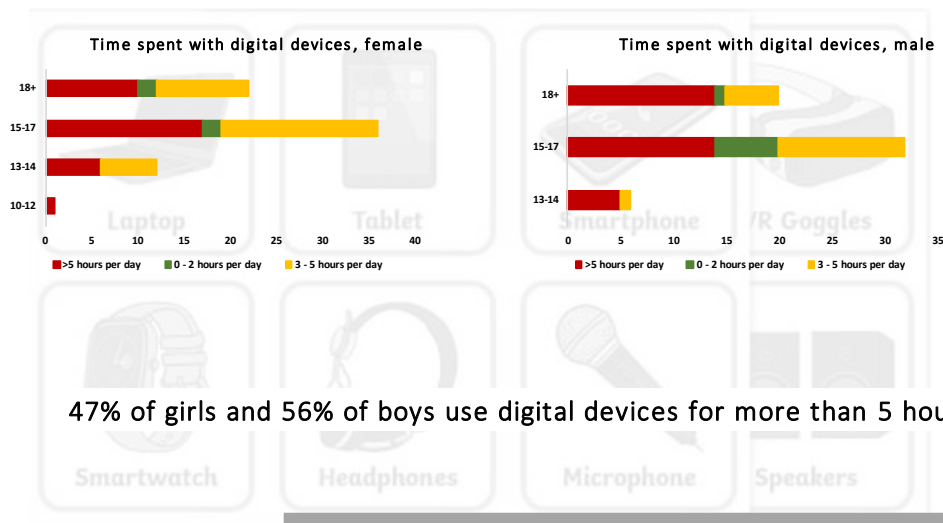


**40% of boys** do **1 to 5 hours** of physical activity per week  
The vast majority (79%) do up to 12h per week, it is about **1.4h a day**

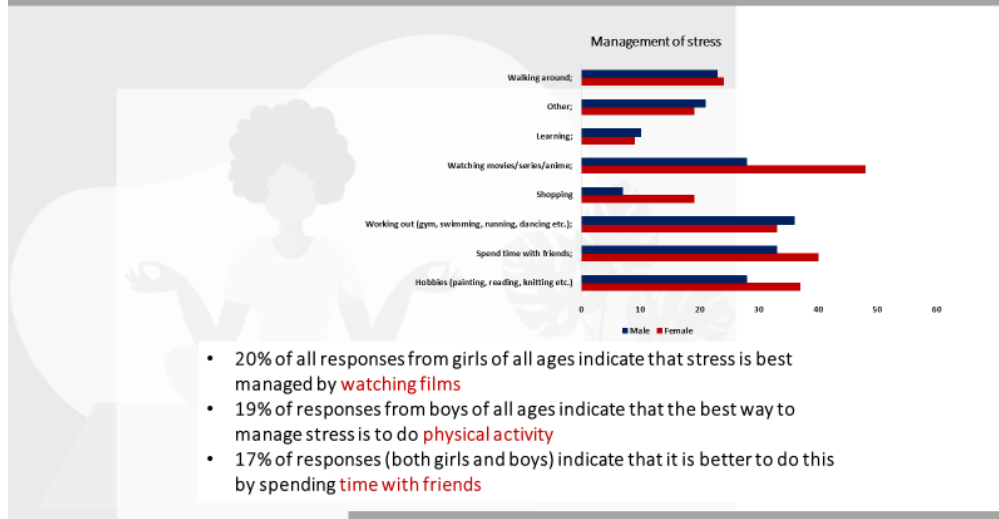
## What are your dietary preferences?



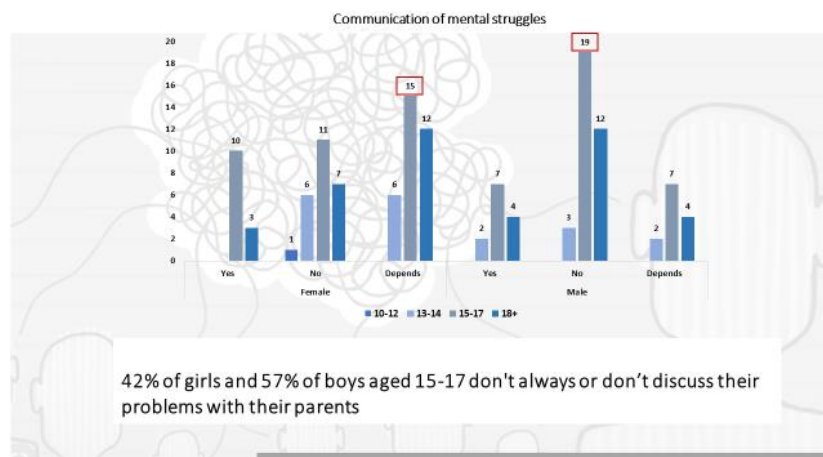
## How many hours a day do you spend with digital devices?



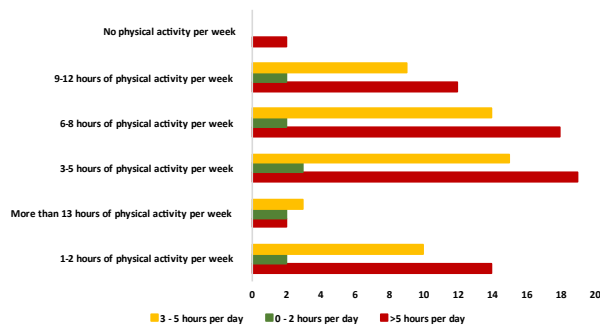
## How do you manage stress?



## Do you communicate any of your mental struggles with your parents?



## Physical activity and time spent with digital devices



Here's a comparison of how much teenagers spend time on digital devices and how much they are doing sport in a day length. The majority of teenagers, respectively 51 %, spend 4 hours a day using digital devices and are active in sport for at least an hour a day

## Conclusions

### How many hours of sleep do students get on an average night?

**60%** of girls sleep **8-10 hours** a day; most of them (36%) are girls aged 15-17.  
**11%** of girls sleep less than **5 hours** a day.

**60%** of boys sleep **5-7 hours** a day; third of them (33%) are boys aged 15-17.  
**12%** of boys sleep less than **5 hours** a day.

### How many hours do students get physical activity per week?

**40%** of girls do between **1 and 5 hours** of physical activity per week.  
 The vast majority (77%) of girls do sport for up to 8 hours a week, it is about **1 hour a day**

**40%** of boys do **1 to 5 hours** of physical activity per week  
 The vast majority (79%) do up to 12h per week, it is about **1.4h a day**

### What are dietary preferences of students?

Most girls (91%) and most boys (98%) **eat both plant and animal derived products**

## Conclusions

### How many meals do students eat on an average day?

The **majority** of girls (62%), eat **3 times a day**, while only 42% of boys eat 3 times a day or more.  
 There are girls who eat **only once a day**

### When do students usually have their last meal of the day?

One third of students (31%) have their last meal at different time; Half of girls (51%) eat around 7 pm last time; 55% of boys - around 9 pm

### How many hours a day do students spend with digital devices?

47% of girls and 56% of boys use digital devices for more than 5 hours a day

### How do students manage stress?

20% of all responses from girls of all ages indicate that stress is best managed by **watching films**  
 19% of responses from boys of all ages indicate that the best way to manage stress is to do **physical activity**  
 17% of responses (both girls and boys) indicate that it is better to do this by spending **time with friends**

## **Educational video material**

Physical activities in my town- these short videos were made by 10-graders in order to promote active and healthy lifestyles, also rise awareness of the importance of well-balanced healthy habits. Additionally, the aim was to introduce public to the endless activities that are possible in Ādaži region because of its great location and offered opportunities by the local municipality.

Moreover, another set of informative videos about teenagers' mental health and well-being was mastered and released by 10-graders this school year in order to draw attention to the current existing issues concerning adolescents' mental health. The purpose of this material was also to suggest tips and advice how to improve one's well-being.

## **Visitors in the kindergarten!**

Secondary school students were delivering a lecture "Get to know your plate!" to the youngest ones in Ādaži secondary school- 5-6 year old children who have not started their school life yet. The aim was to introduce them to the healthy eating habits, display a variety of nutritious vegetables and fruit that can be purchased in the stores and grown in our own gardens.

Also, the discussion was held to engage the students in conversation and sharing of knowledge and experiences about eating habits in different households.