



Nutrition, Lifestyle, Exercise, and Healthy Longevity



A New Strategy to Raise Awareness
and Educate Students, Families, and
Educators

FONDAZIONE VALTER LONGO

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Fondazione Valter Longo works to:

1. prevent and help cure many types of diseases;
2. enable everyone, children and adults, especially those in a critical economic situation, to live long and healthy lives.



FONDAZIONE VALTER LONGO

The FONDAZIONE VALTER LONGO was established in 2017 by Professor Valter Longo, Professor of Biogerontology and Biological Sciences and Director of the Longevity Institute of the School of Gerontology at the University of Southern California in Los Angeles and Director of the Oncology and Longevity Program at IFOM in Milan.

The mission of Fondazione Valter Longo is focused on healthy longevity and a balanced and healthy lifestyle. Thanks to the support of scientific data and a long research work, the Foundation aims to prevent and help cure different kinds of diseases and allow everyone, children and adults, to live a healthy and long life.



1. **Nutritional consultations and lifestyle support** for patients with serious health problems and in a critical mental, physical and economic conditions, as well as patients who wish to live a long and healthy life.



2. **Education and awareness-raising activities** for children, young people, and adults about healthy nutrition, exercise, and a balanced lifestyle.



Scenario

The Pandemic

- It has highlighted the physical and social fragility of people.
- It has widened material and educational poverty.
- It has further revealed that health is a precious and precarious commodity.

Fondazione Valter Longo's support for students, families, and schools

Title	Education for Healthy Longevity
Activities	Meetings, seminars, workshops, webinars, or events in presence.
Beneficiaries	School community: educators, students, families, and staff
Goals	Understanding the issues in adopting a healthy lifestyle; offering support in following healthy eating habits and balanced lifestyle; and spreading healthy longevity and its values (solidarity, social relationships, family, sense of community, inclusion, and a proactive and positive attitude towards life)

Seminars and
workshops for
students

Courses for
Families

Courses for
Educators

Consulting for
canteens, bars,
cafeterias, and
vending
machines

Edugevity (2020-21)
ONE (2021-22)
Webinars

Nutrition &
Longevity
Festival

Recreational
and awareness-
raising events

Free Webinars/ Workshop for Students, Families, and Teachers

ONE - Obesity+Overweight+Eating Disorders, Nutrition, Exercise.

Duration: 90"

With the direct participation of:

- Students
- Teachers
- Experts in nutrition, lifestyle, mental health, exercise, etc,
- Testimonials

who will bring their testimonies or offer their knowledge and experience regarding the topics covered.

With interactive activities to practice together:

- Recipes to prepare together
- Mindful Eating practices
- Exercise practices, etc.

under the name of edutainment (education + entertainment) to engage the audience.

2022-2023 Our Webinars for Students, Families, and Schools

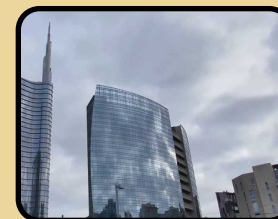
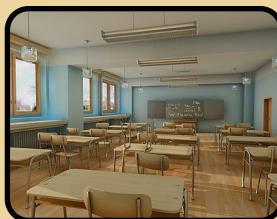
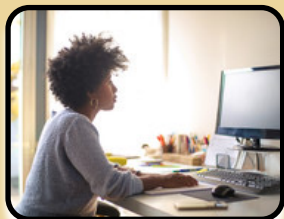
October 26th, 2022	BACK TO SCHOOL – RESOLUTIONS FOR THE NEW YEAR	Last year's data regarding students' lifestyle and eating habits and strategies for the new school year. Let's cook together!
End of November 2022	SOS (AID – OBESITY, OVERWEIGHT)	Nutrition and lifestyle as a way to prevent obesity and related diseases. Consequences of obesity and overweight from a physical and mental point of view.
Mid-January 2023	MENTAL HEALTH: – IN THE MEANDERS OF THE MIND -MENS SANA IN CORPORE SANO	General overview of the mental consequences of obesity and overweight and also of the pandemic and lockdown, for example an increase in symptoms of depression.
March 15, 2023	EATING DISORDERS 2	Eating disorders and their consequences. *On the occasion of the Italian Lilac Ribbon Day against Eating Disorders
May 2023	NUTRITION – LONGEVITY CHEF 2	Introduction to strategies for promoting a healthy lifestyle. Strategy 1: Healthy nutrition and its importance for physical and mental health. Some tasty recipes for students and families.

Webinars

October	SCHOOLGEVITY (HEALTH AND LONGEVITY AT SCHOOL)	160 participants
December 2020	BENE! (WELL-BEING, EXERCISE, NUTRITION, EDUCATION)	95 participants
March 2021	HEALTH COMES FIRST. CHILDREN, ADOLESCENTS, OVERWEIGHT, AND OBESITY	378 participants
March 2021	EATING DISORDERS	1003 participants
May 2021	LONGEVITY CHEF (LET'S COOK TOGETHER)	1377 participants
November 2021	FOOD, OUR ALLY	1703 participants
March 2022	AC-O (ADOLESCENTS, CHILDREN-OBESITY/OVERWIGHT)	5457 participants
April 2022	EATING DISORDERS	4141 participants
MAY 2022	PHYSICAL EXERCISE – THE MAGIC SHIELD	2200 participants (still ongoing)

REPORT - WEBINARS 2020-2022

High Schools



WEBINARS
9

PARTICIPANTS
20.526

SCHOOLS
433

REGIONS
20

CITIES
826

NAZIONI
12
Italia, US, UK,
Spagna, Francia,
Croazia, Slovacchia,
Belgio, Australia,
Canada, Giappone,
Brasile

THANK YOU!

FOR MORE INFORMATION, PLEASE CONTACT



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