



Nutrition, Lifestyle, Exercise, and Healthy Longevity



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

**VALTER LONGO FOUNDATION – FONDAZIONE VALTER
LONGO**

FONDAZIONE VALTER LONGO ONLUS



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 VALTER LONGO FOUNDATION 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"

Guests:

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

With interactive activities to practice together:

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

Methodology:

- edutainment (education + entertainment) to engage the audience.

2023-2024 Our Webinars for Students, Families, and Schools

ONE - **O**besity+**O**verweight+**E**ating Disorders, **N**utrition, **E**xercise.
Duration: 90"

December 2023	PHYSICAL EXERCISE "THE MAGIC SHIELD" 2	Movement. The importance of exercise as a tool for: 1) prevention and treatment of many non-communicable diseases, 2) empowerment, to create motivation and self-esteem.
January 2024	LIFE STYLE 1	Lifestyle - Part 1. Lifestyle as a tool for living long and prevention of noncommunicable diseases. Analysis of inactive vs. active lifestyle, role of technology in postmodern life, importance of contact with nature and sociality both physically and mentally.
February 2024	LIFE STYLE 2	Lifestyle - Part 2. The importance of lifestyle at a crucial time such as adolescence for physical and mental development. Analysis of substance use and its consequences for growth and future life.
March 2024	SOCIAL LIFE	Social life. Issues related to weight bias, verbal mockery,, bullying, isolation, and depression.
May 2024	LET'S LEARN FROM THE «BLUE ZONES»	Let's learn from the Blue Zones, where the highest number of centenarians is found, who live a long and healthy life (Sardinia, Ikaria in Greece, Okinawa in Japan, Nicoya in Costa Rica, and Loma Linda in California).

Previous Webinars

October 2020	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	You Tube Link here
November 2021	FOOD, OUR ALLY	1703 participants	You Tube Link here
March 2022	AC-O (ADOLESCENTS, CHILDREN-OBESITY/OVERWIGHT)	5457 participants	You Tube Link here
April 2022	EATING DISORDERS	5313 participants	You Tube Link here
May 2022	PHYSICAL EXERCISE – THE MAGIC SHIELD	4989 participants	You Tube Link here

Previous Webinars

October 2022	BACK TO SCHOOL	4964 participants	You Tube Link here
November 2022	SOS- AID, OVERWEIGHT AND OBESITY	4664 participants	You Tube Link here
January 2023	MENTAL HEALTH: – IN THE MEANDERS OF THE MIND -MENS SANA IN CORPORE SANO	3616 participants	You Tube Link here
March 2023	EATING DISORDERS 2	3834 participants	You Tube Link here
May 2023	LONGEVITY CHEF 2	3217 participants	You Tube Link here

REPORT - WEBINARS 2020-2023

High Schools



WEBINARS
14

PARTICIPANTS
41,056

SCHOOLS
1,294

REGIONS
(Italy)
20

CITIES
2,804

Countries
33

Australia, Belgium, Brazil,
Canada, Colombia,
Croatia, Cyprus, France,
Germany, Guatemala,
Ireland, Italy, Japan,
Latvia, Lebanon,
Luxembourg, Malaysia,
Malta, Mexico, Norway,
Netherlands, Philippines,
Peru, Romania, Slovakia,
Spain, South Africa,
Sweden, Switzerland,
Ukraine, United Arab
Emirates, UK, USA

THANK YOU!

FOR MORE INFORMATION, PLEASE CONTACT



FONDAZIONE VALTER LONGO ONLUS

educazione@fondazionevalterlongo.org

www.fondazionevalterlongo.org

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