

The Art of Good Life

Good Guide of Good Life

Komotini, 01 July – 31

August 2023



Description of the project

The European Solidarity Corps Project "Healthy Town" embarked on a transformative journey, engaging 60 passionate participants from diverse cultural backgrounds, including Tunisia, Belgium, Greece, Ukraine, and Moldova.

This ambitious endeavor was not just a venture of exploration, but a mission aimed at fostering a profound comprehension of a healthy lifestyle among young minds. Spanning over two enriching months, the project set its sights on empowering the youth through a series of immersive activities, interactive sessions, and collaborative initiatives.

The essence of "Healthy Town" was not merely about physical fitness but delved into holistic well-being, nurturing both the body and the mind. This narrative encapsulates the vibrant tapestry of experiences and lessons learned during this remarkable journey towards a healthier and more conscious way of life.

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Good practices that are coming from Greece about Healthy Lifestyle

- ☐ Schools canteen forbidden to sell soft drinks, snacks, sugar, sweets only fruits and healthy things, vegetables;
- ☐ Open gyms are popular;
- ☐ Local government provides free access to organised activities like yoga and zumba;
- ☐ Greek people like to put olive oil in salads.



6 longevity practices from Ikaria, Greece, and how to begin implementing them into your own life:

1. Mimic mountain living
2. Eat a Mediterranean-style diet
3. Consume herbs
4. Take naps
5. Occasional fasting
6. Make friends and family a priority

Mediterranean Diet

MEDITERRANEAN

DIET

Take a look at the The first day of our project, we have been told - "Mediterranean diet is not a diet, it is a philosophy". In Crete you can really notice that. Greek cuisine is not about filling your stomach, it is about giving you all the ingredients that make your body and soul happy. And the most important spice is love. Maybe that is the reason why it is being applauded as one of the world's most healthful diets?

The word "diet" comes from ancient greek and it means a way of life, not a way of eating.

When we go indepth, we realize that the mediterranean diet is actually a Cretan Diet or at least takes majority of foods that define it. Cretans sometimes get upset if someone today speaks to them about the "Mediterranean" diet. Academics, researchers and local community representatives believe that the term is too generic and does not accurately express the important distinctive features of their island. Only one term is acceptable here: the Cretan diet.

American researchers at the Rockefeller Foundation, have shown that the Cretan Diet offers people good health and long life. They did the research after the world war 2 and figured out that there is very low level or almost none of cardiovascular problems among the Cretan people. The diet is based more on the consumption of olive oil, wild greens, pulses and cereals and less on the consumption of meat. Nevertheless this does not mean that it is lacking in taste. Cretan dishes send forth fine flavors and tastes which can still be felt in the villages of the island. It should be noted that although in the past years the Cretans ate meat once a week (or even more rarely) and fish a little more often, they knew how to prepare those products in many different ways usually combined with vegetables or pulses. Likewise cretans have numerous recipes for the preparation of snails one of their most favorite dishes.

Many ask what the much-talked-about Cretan dietary prototype really is. The answer is simple: it is the diet of the island's poorer farmers, of the people who lived mostly in the countryside until the late 1970s. At that point, they began to be influenced by the modern way of life, to consume more and more meat, to use processed foods and more sugar in their cooking. All of that resulted in modern diseases such as cardiovascular diseases, cancer and diabetes which were almost unknown in the past.

Mediterranean Diet

MEDITERRANEAN DIET

It may be surprising at first - how diet when you eat plenty of oil and bread can be healthy? The secret is the quality of products and proportions of all different ingredients. Take a look at the mediterranean diet pyramid to understand everything:



"The Mediterranean diet has been shown to be great for your health. It is also fun and easy to grow! The diet is heavy in fruits, nuts, and vegetables — all things you can grow in your own back yard or patio. That is a triple win — the freshest produce is the highest in nutrition, growing your own is cost effective, and it tastes great."

Source: <https://www.motheearthnews.com/organic-gardening/mediterranean-diet-garden-zbcz1401/>

Mediterranean Diet

MEDITERRANEAN

DIET

Natural cheese (Mizithra)

What are the goods to make natural cheese:

- 🥛 Fresh pasteurised local goat milk;
- 🍋 Lemon juice;

Goat's cheese is easy to make and it's delicious product that is amazing on salads, pasta, pizza and cheese spreads.

All produce is homemade and no machinery is used.

1. Firstly, you need to slowly heat the milk until it reaches 180 degrees Fahrenheit or 82 degrees Celsius.
2. Stir in the lemon juice. Let the mixture sit for 10 minutes. The milk should curdle and become slightly thicker on the surface.
3. Hang the bundle over a pot or jar so the liquid can drip out.
4. Enjoy

Nutrition in natural cheese (4 cups of goat milk and 1/3 of cup lemon juice): 86 calories, 5g fat, 6g carbs, 4g protein.



Mediterranean Diet

MEDITERRANEAN

DIET Greek Yogurt

Greek yogurt, also known as concentrated or strained yogurt, is made by eliminating the whey and other liquids from regular yogurt. Because the straining process reduces the total volume, Greek yogurt takes significantly more milk than regular yogurt to make a batch of the same size.

Greek yogurt provides a number of nutrients and is particularly rich in protein, vitamin B12, riboflavin (B2), and selenium. It's also a good source of calcium, phosphorus, zinc, pantothenic acid, vitamin A, and potassium.



COOKING - GREEK TRADICIONAL RECIPES

Gemista (filled peppers and tomatoes)

Ingredients

- * 5 large tomatoes
- * 5 large green bell peppers (you may also use zucchini or eggplant) + 1 small green pepper
- * 10-12 tablespoons un-cooked short or medium grain rice (do not use long grain)
- * 8 zucchini
- * 1 onion
- * 2 pounds potatoes
- * 7 garlic cloves
- * 1 tablespoon oregano
- * 2 tablespoons dry mint
- * 4 tablespoons fresh parsley
- * 1 tablespoon tomato paste
- * Cloves-whole
- * Allspice - whole
- * 1 1/2 cup olive oil
- * Lemon juice
- * Salt/pepper

COOKING - GREEK TRADICIONAL RECIPES



COOKING BRIAM

COOKING - GREEK TRADICIONAL RECIPES

Briam (oven cooked vegetables)

Ingredients

- * 5 large tomatoes
- * 1 ¼ lb/ 570 g gold potatoes (about 3 medium-size potatoes), peeled and thinly sliced into rounds (about ¼-inch thick)
- * 1 ¼ lb/ 570 g zucchini squash (2 to 3 zucchini), thinly sliced into rounds (about ¼-inch thick)
- * Salt and pepper
- * 2 tsp/ 3.6 g dried oregano
- * scant 1 tsp/1.2 g dried rosemary
- * ½ cup/ 35 g chopped fresh parsley
- * 4 garlic cloves, minced
- * Early Harvest Greek extra virgin olive oil
- * 1 28-oz/ 794 g canned diced tomatoes with juice (no-salt added organic tomatoes are recommended)
- * 1 large red onion or 2 smaller red onions, thinly sliced into rounds (if large, you'll want to cut the onion in half first, and then slice)

Instruction

1. Wash and prepare the vegetables by chopping or slicing depending on the vegetable;
2. Layer the baking dish according to the recipe;
3. Bake according to the recipe;
4. Enjoy your tradition Greek Briam!



COOKING - GREEK TRADITIONAL RECIPES

Trahana (soup of fermented milk)

Ingredients

- * 2 tablespoons butter
- * 4 cups water
- * 1 cup sour trahana
- * 6 ounces feta cheese, crumbled
- * 1/2 cup milk, I use whole milk
- * salt to taste, optional

Instruction

1. Melt butter in a medium-sized pot over medium-high heat until lightly browned (be sure to keep a close eye on it, so it doesn't burn);
2. Stir in the water, trahana, and a pinch of salt;
3. Bring to a boil, then reduce the heat to low and simmer for fifteen minutes, stirring occasionally to prevent the trahana from sticking to the bottom. The trahana will absorb a lot of the water and will be soft;
4. Add the milk and feta and cook for an additional five minutes, stirring occasionally;
5. Remove from heat and let rest for five minutes;
6. Taste and add more salt if necessary;
7. Serve with crusty bread and enjoy!

COOKING - GREEK TRADITIONAL RECIPES



COOKING - GREEK TRADITIONAL RECIPES

Spanakorizo (spinach rice)

Ingredients

- * 1 pound (450 g) fresh spinach rinsed
- * Juice of half lemon
- * 1 onion chopped or 2-3 spring onions chopped
- * 2 ½ tablespoons olive oil plus more for drizzling
- * 1 teaspoon dry mint
- * 1-2 tablespoons chopped dill
- * 2/3 cups water
- * 1/3 cup (60 g) medium grain rice
- * Salt/Pepper
- * 1 tablespoon tomato paste optional

Instruction

1. In a large pot wilt the spinach with the lemon juice and 1 teaspoon olive oil. Set aside to drain;
2. In another pot saute the onion with the rest of the olive oil until soft;
3. Add the spinach, dry mint, dill and 2/3 cup warm water and bring to a boil;
4. Add the rice, salt (as needed) and pepper and simmer, covered for about 20 minutes until rice is soft. Add additional warm water as needed;



COOKING - GREEK TRADICIONAL RECIPES

COOKING - GREEK TRADICIONAL RECIPES

Tzatziki (yogurt sauce with garlic)

Ingredients

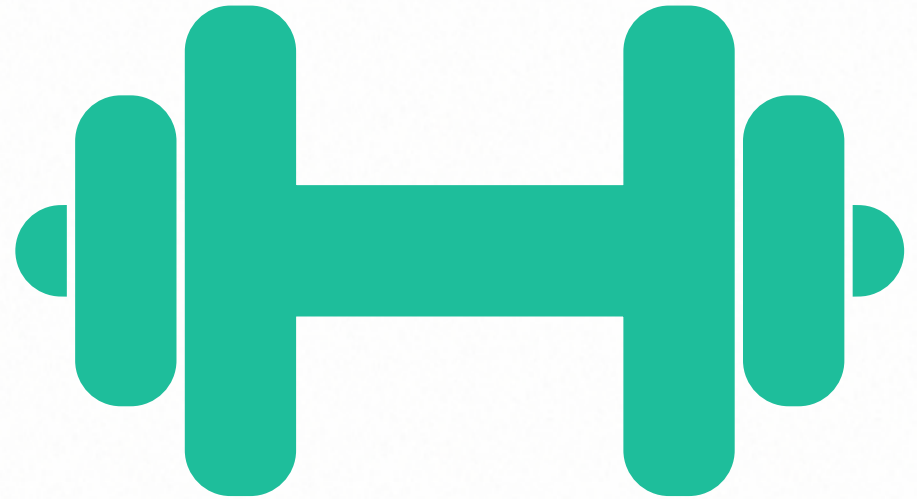
- * 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater)
- * 1 ½ cups plain Greek yogurt
- * 2 tablespoons extra-virgin olive oil
- * 2 tablespoons chopped fresh mint and/or dill
- * 1 tablespoon lemon juice
- * 1 medium clove garlic, pressed or minced
- * ½ teaspoon fine sea salt

Instruction

1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber;
2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary (I thought this batch was just right as-is);
3. Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.



Fitness – Outdoor Activities



FITNESS

Our schedule included a lot of sport activities. Our goal was to introduce each other to various possibilities of spending time actively, boosting our organisms, performance and improving overall physical and mental health. Throughout we have done yoga, played volleyball, zumba & water aerobics, dancing and spend fun time together.



Water Aerobics & Zumba

- It is a fitness program that involves Latin based music and dance. The main goal is to do a cardio workout in a fun and enjoyable way.
- With different rhythms and moves you can create aerobic exercises that spot strength in various muscles. Fitness, flexibility and endurance are just a part of the things that zumba classes help to improve.
- There are different kinds of zumba classes, depending on the age, physical condition and motivation of each participants.



Water Aerobics Benefits and Zumba



The water puts less stress on the joints ; and muscles;



It helps to put less strain on the heart by moving blood around the body;



It helps preventing overheating during the practice.

Volleyball



SKILLS

Competitive teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques that have been introduced over the years and are now considered standard practice in high-level volleyball.

SERVE

A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court. The main objective is to make it land inside the court; it is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called an "ace" when the ball lands directly onto the court or travels outside the court after being touched by an opponent; when the only player on the server's team to touch the ball is the server.

PASS

Also called reception, the pass is the attempt by a team to properly handle the opponent's serve or any form of attack. Proper handling includes not only preventing the ball from touching the court but also making it reach the position where the setter is standing quickly and precisely.

ATTACK

The attack, also known as the spike, is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

BLOCK

Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.

BENEFITS OF PLAYING VOLLEYBALL

1. Burns calories
2. Keeps a toned body
3. Heightens the body's metabolic rate
4. Improves the social attributes of an individual
5. Reduces the stress and anxiety levels
6. Minimizes the risk of obesity and gathering body fat
7. Improves muscle and nerve coordination
8. Prevents osteoporosis
9. Improves focus and concentration
10. Improves speed and agility

Dancing

**The only advice
that we have for
dancing is just
to be ready to
learn quick**



Yoga



FITNESS

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graph TD; Fitness[FITNESS] --> Yoga[Yoga]; Yoga --> Def[Yoga is a tradition of health and spirituality evolved in the Indian culture. Yoga is a Sanskrit word that means UNION. It is also a Hindu spiritual and self discipline method of integrating the body, breathing and mind.]; Def --> Involves[Yoga essentially involves:]; Def --> System[The yogis system of health involves the exercise of all the types of muscles of the body. The main aim is to achieve the highest level of integration through the control of the modification of mind.];
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Yoga

- Yoga stretching exercises

Yoga is a tradition of health and spirituality evolved in the Indian culture. Yoga is a Sanskrit word that means **UNION**. It is also a Hindu spiritual and self discipline method of integrating the body, breathing and mind.

Yoga essentially involves:

- Adopting simple to complex body postures (asanas) and maintaining the same for set period; Controlled breathing;
- Voluntary concentration of thoughts (meditation); Recital of phrases called mantras.

The yogis system of health involves the exercise of all the types of muscles of the body. The main aim is to achieve the highest level of integration through the control of the modification of mind.

Conclusion - Thanksgiving

"The Art of Good Life" is not just a manual; it's a testament to the collective effort and dedication of our European Solidarity Corps participants towards fostering healthier lifestyles. Through this collaborative endeavor, we've explored the essence of well-being by delving into healthy recipes and physical activities that contribute to a fulfilling and balanced life.

Throughout these pages, we've embraced the idea that good health isn't just about what we eat or how we exercise—it's a holistic approach that encompasses mental, physical, and emotional well-being. By sharing our experiences, insights, and best practices, we've aimed to inspire others to adopt positive lifestyle changes that enhance their lives.

We extend our deepest gratitude to all the participants whose dedication and contributions have made "The Art of Good Life" a reality. May this manual serve as a timeless guide, inspiring and guiding individuals towards a life filled with vitality, balance, and joy.