



Co-funded by
the European Union



European project Sport cALL for a healthy lifestyle

Webinar

27 June 2026



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Dissemination webinar

Webinar Sport cALL for a healthy lifestyle

About the project

Project rationale

Population health and well-being have declined in recent years, largely due to increased sedentary lifestyles, especially following the pandemic.

Outdoor activities and regular exercise improve:

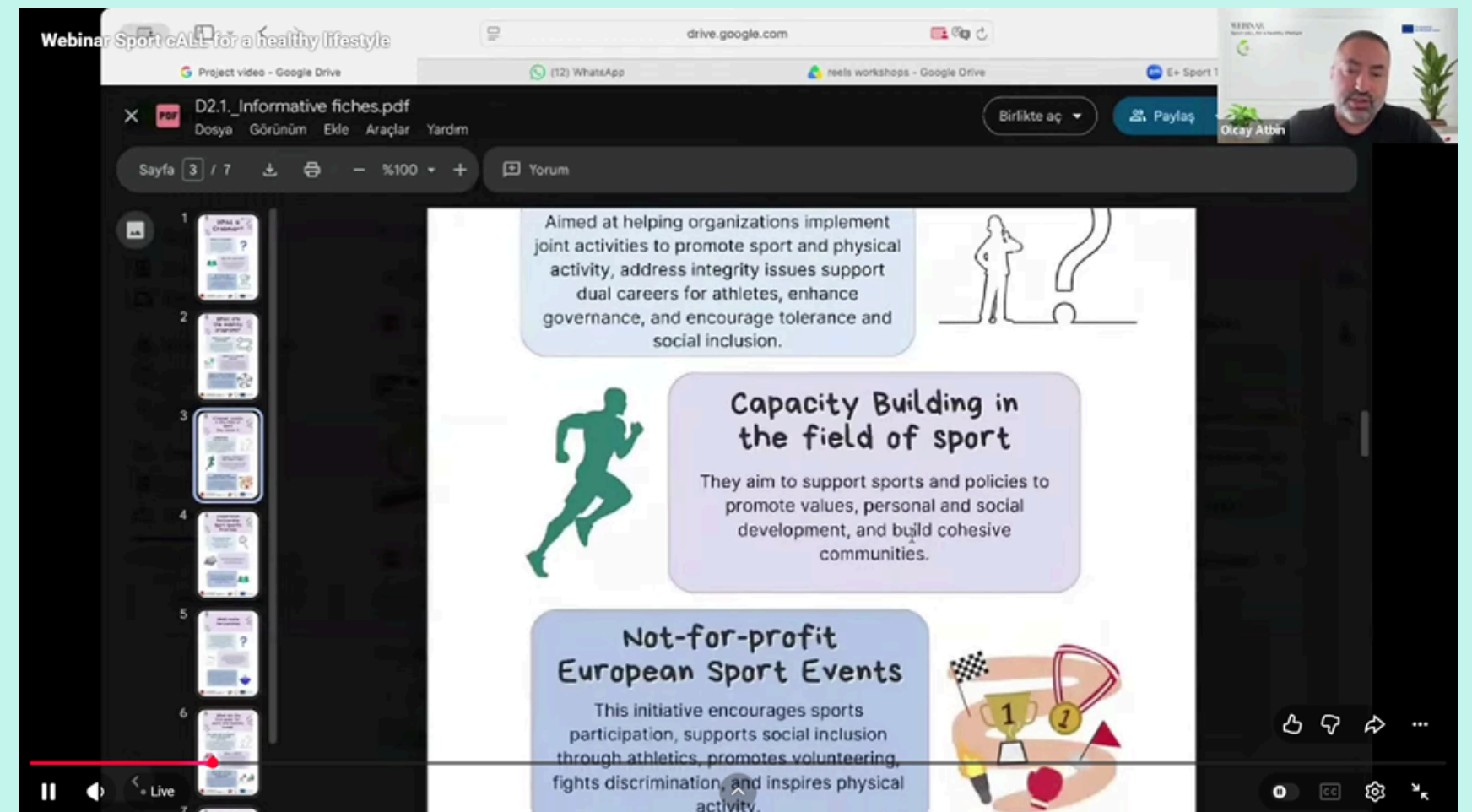
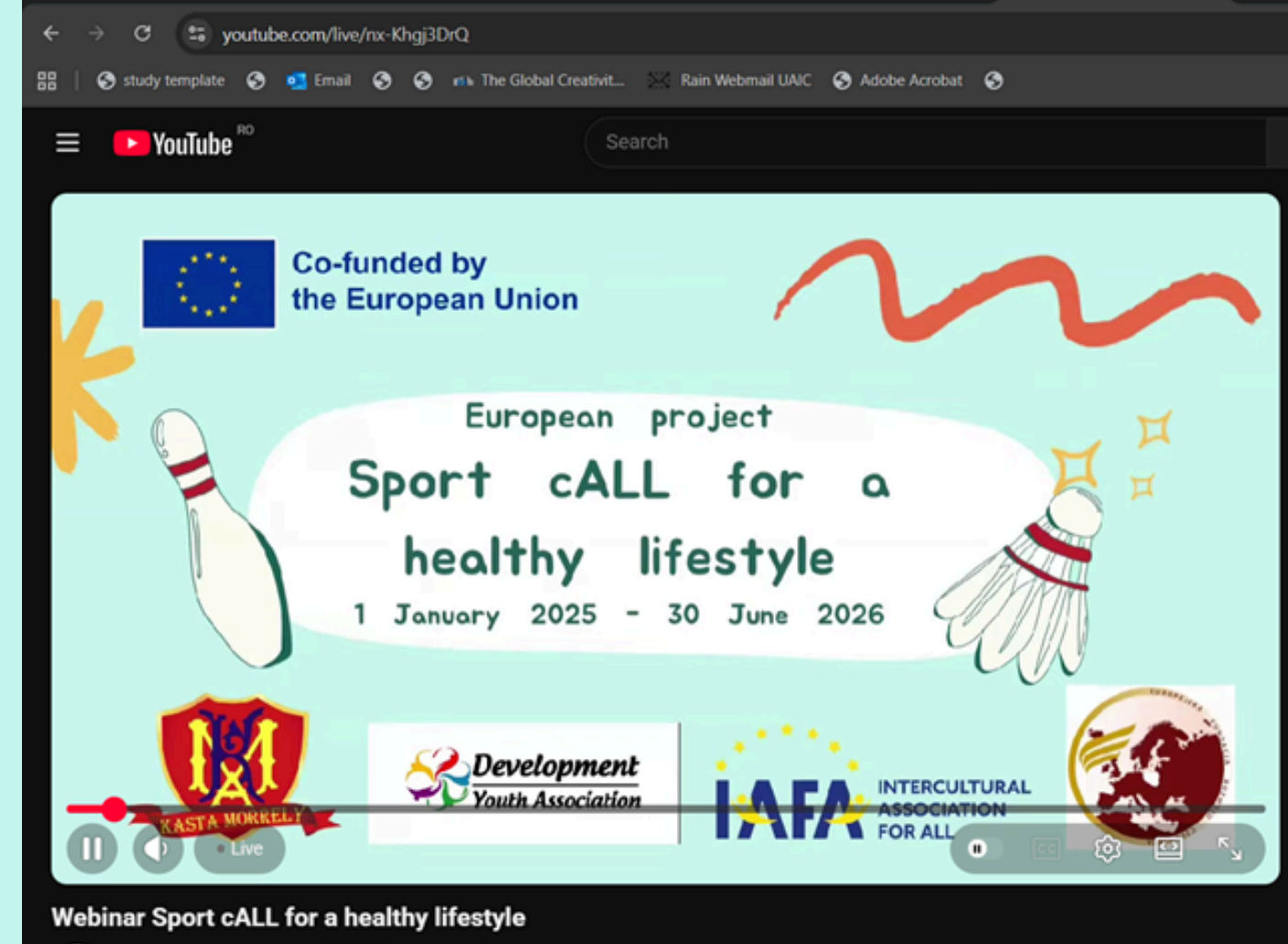
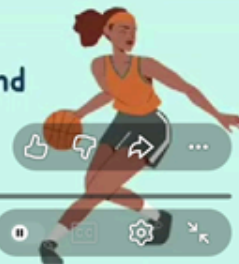
- Physical health
- Mental well-being
- Social engagement

Environmental impact

Healthy lifestyle choices often align with environmentally responsible behavior. Outdoor education strengthens awareness of sustainability and environmental protection.

Project contribution

- ❖ Improves the quality of support systems for grassroots sports
- ❖ Strengthens the capacity of civil society organizations in sport and outdoor education
- ❖ Promotes environmental education through active lifestyles



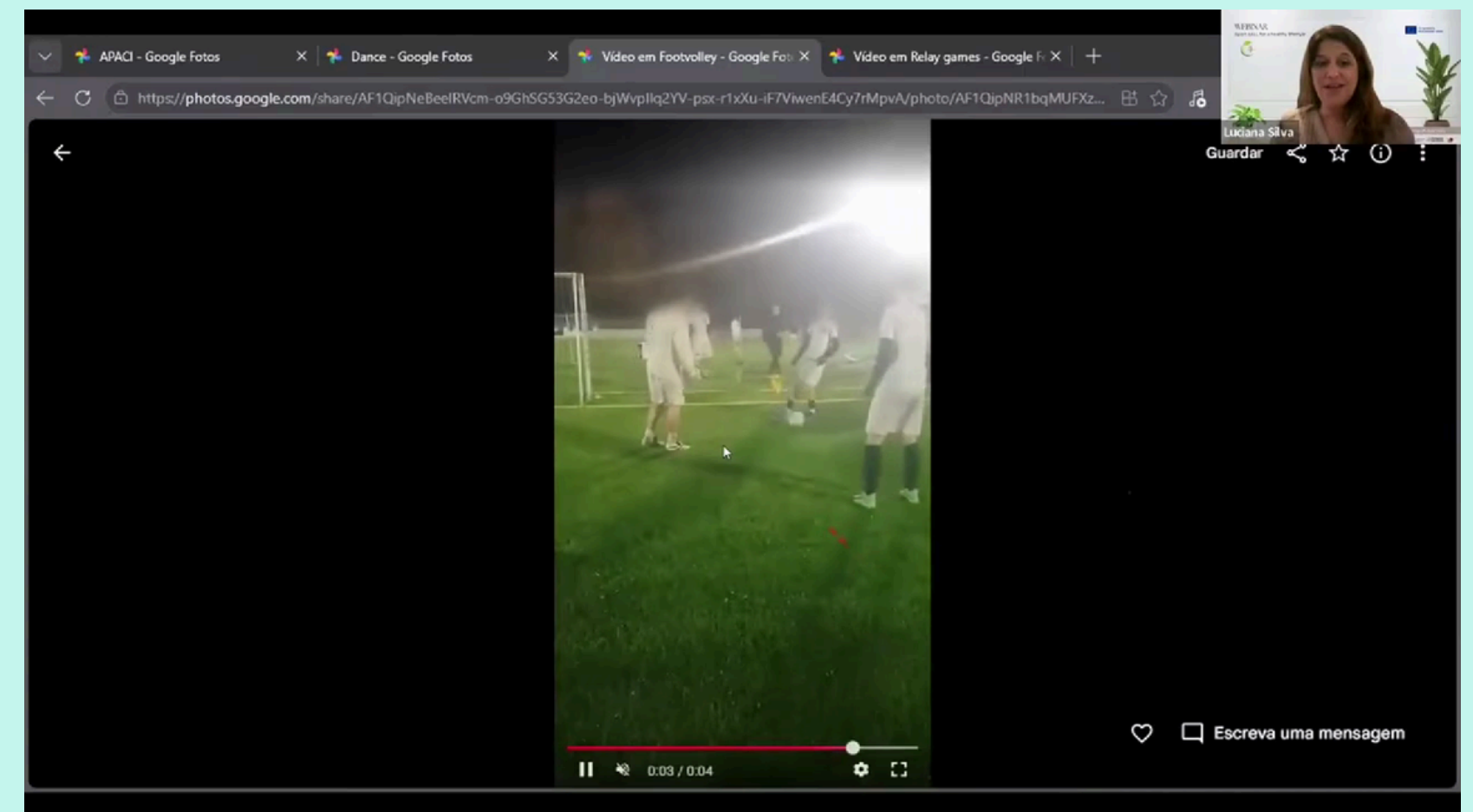
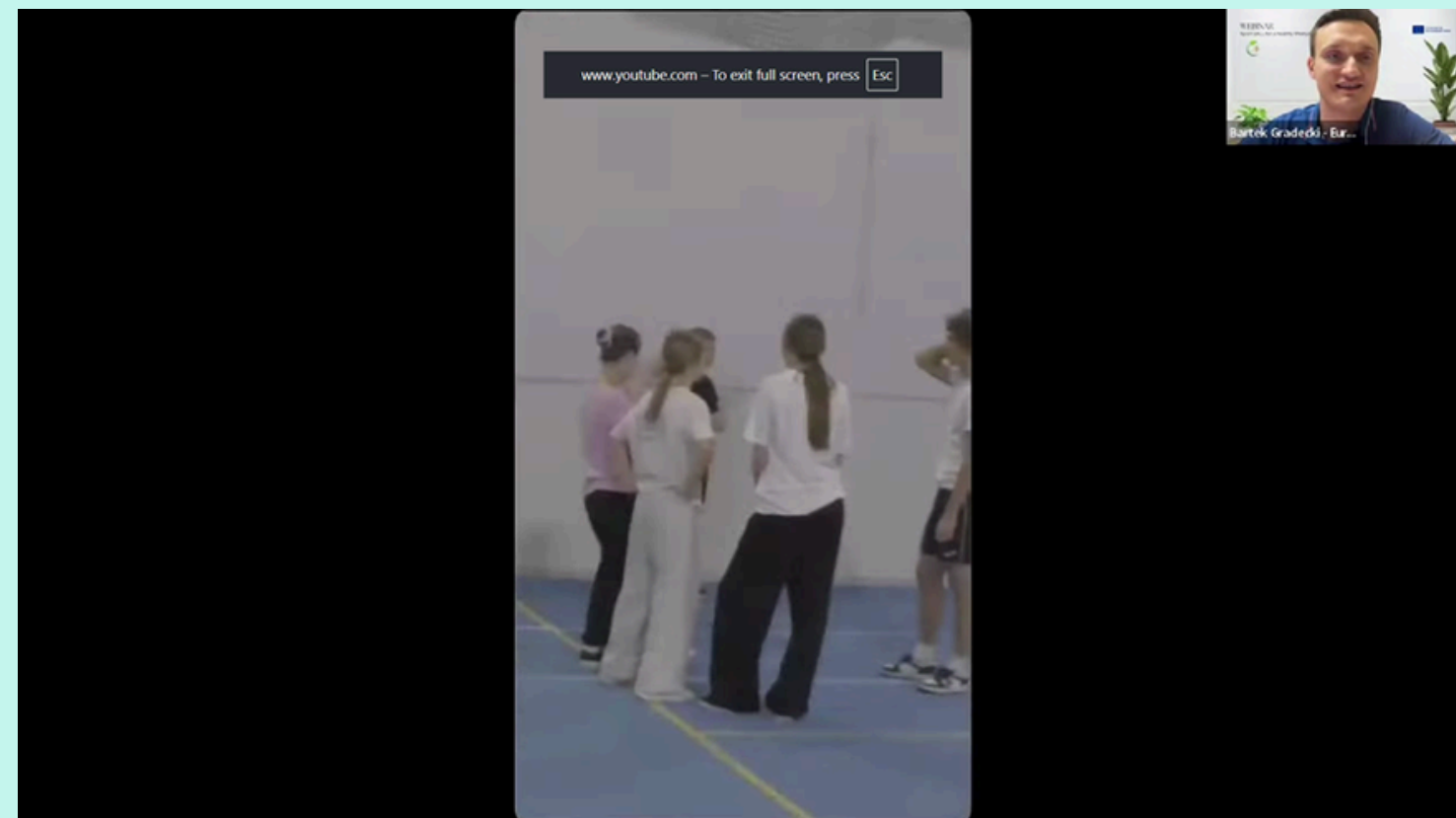
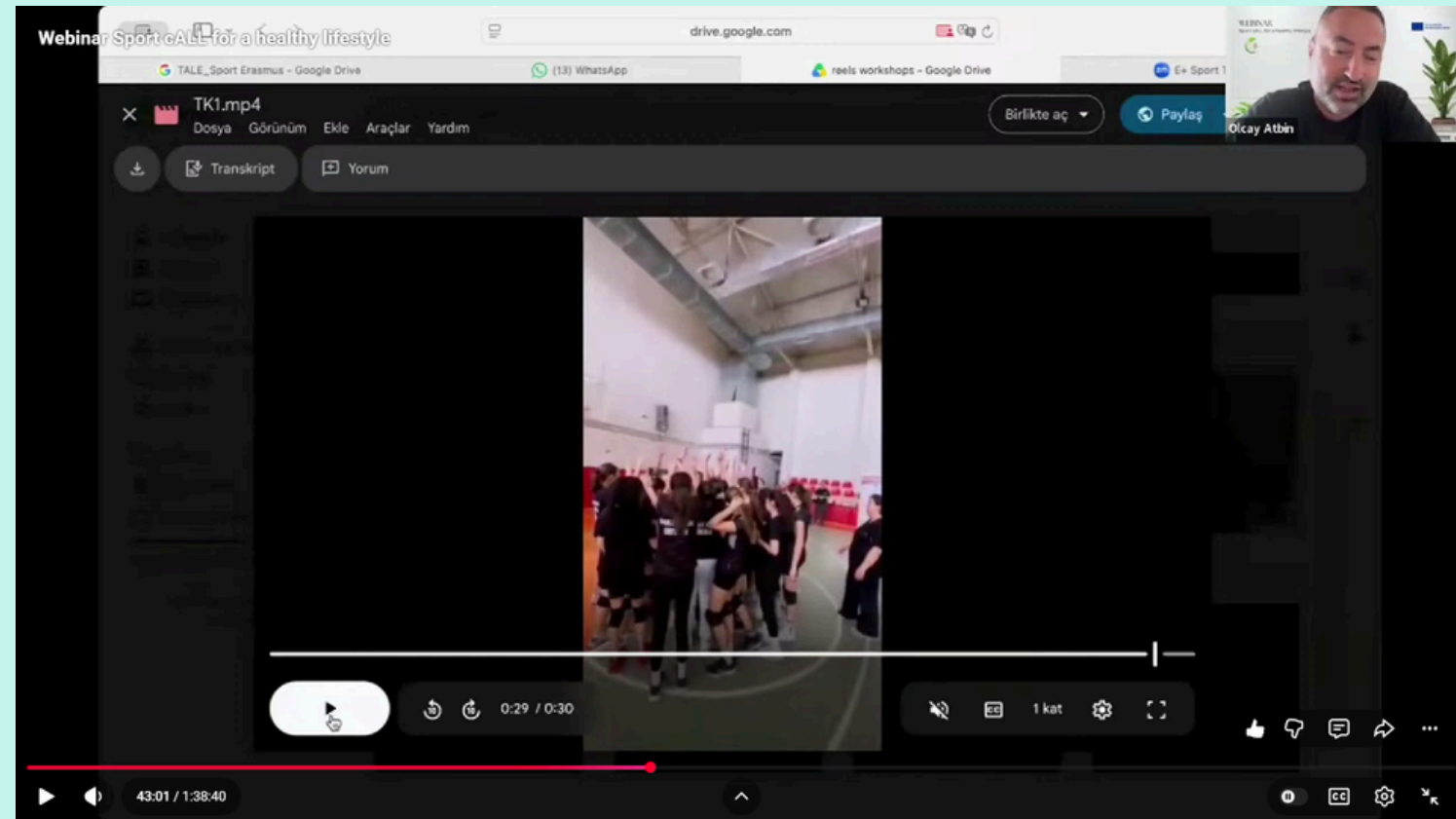
Dissemination webinar

International bootcamp



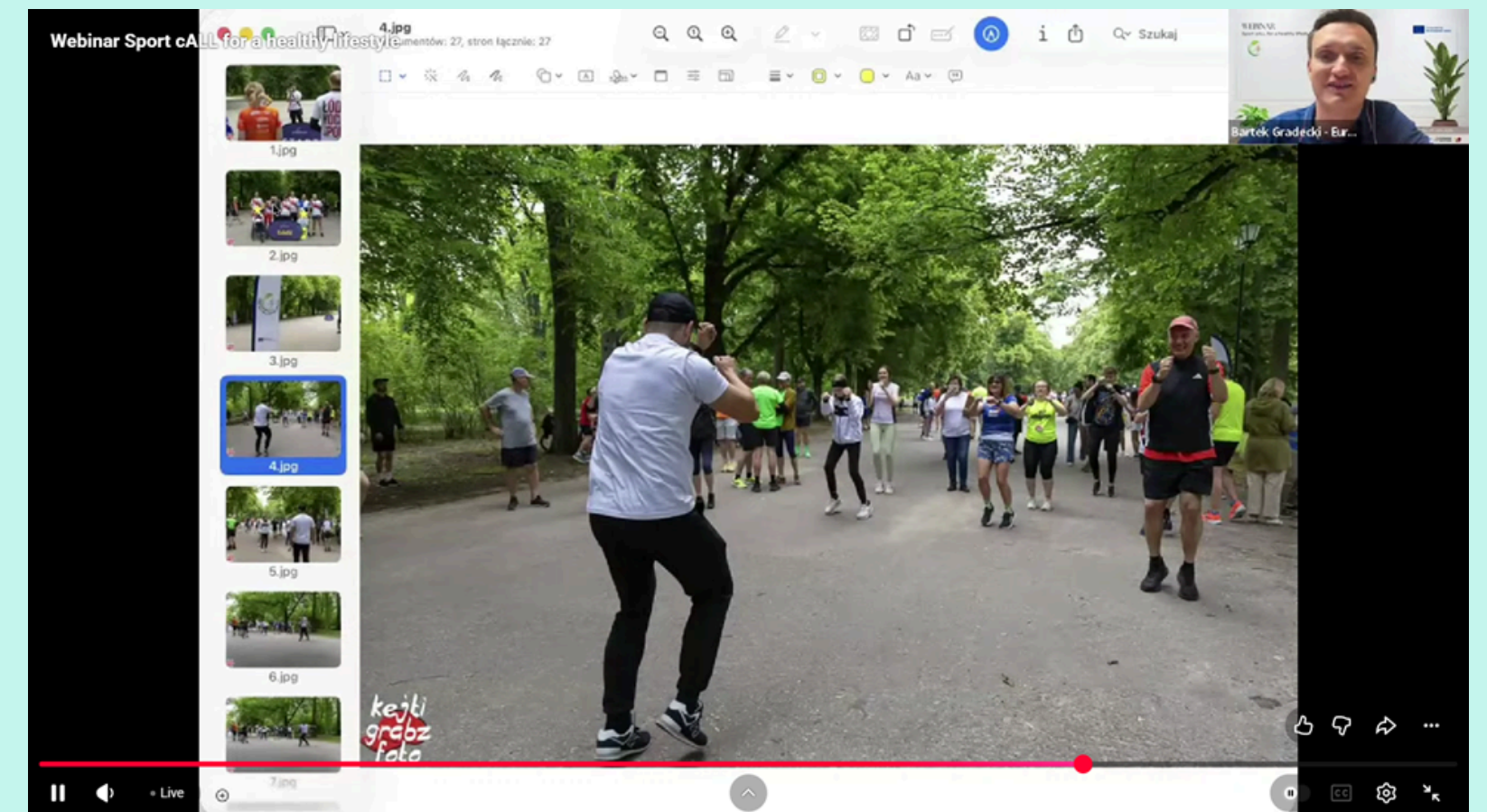
Dissemination webinar

Sport focus workshop series



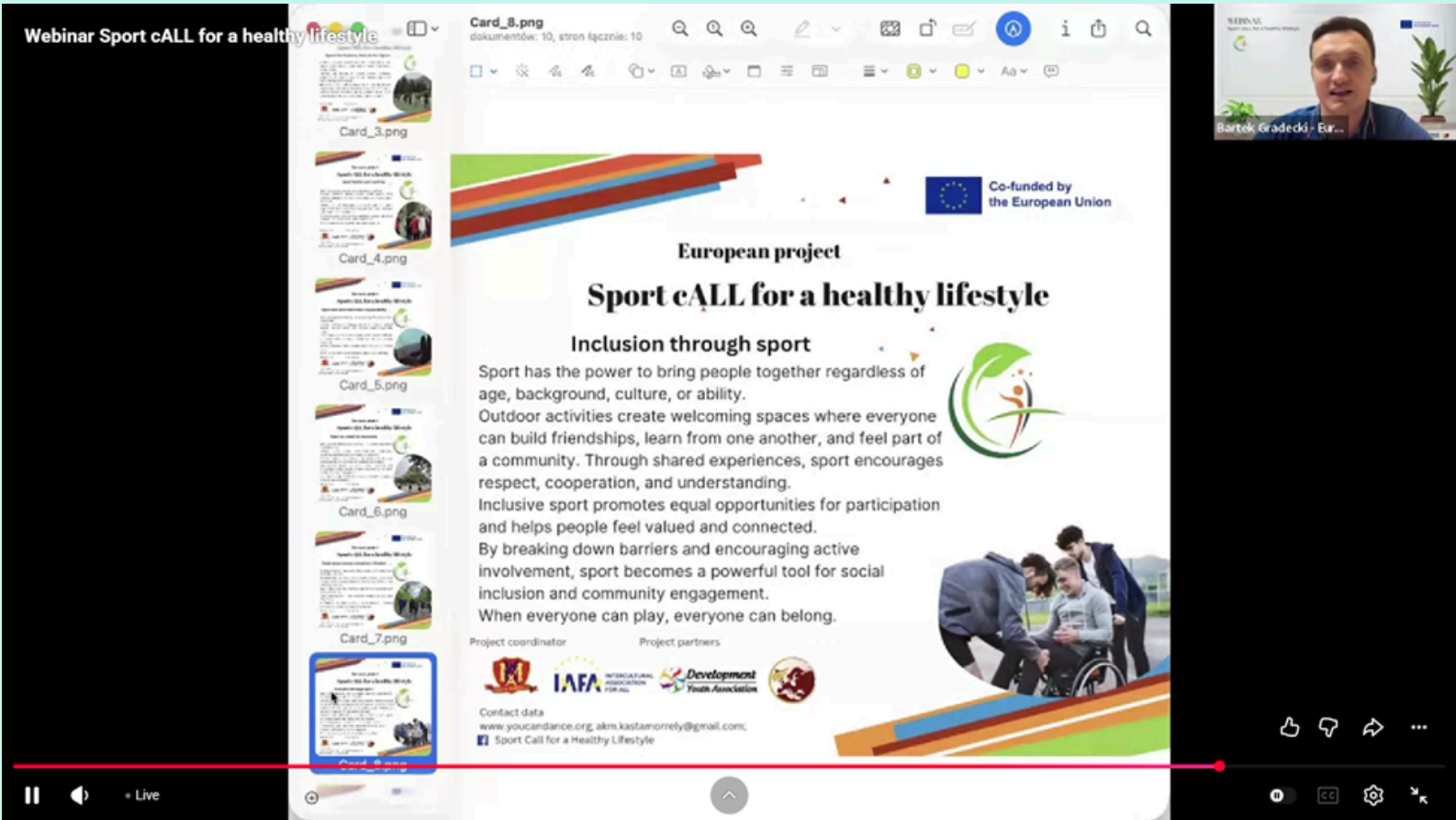
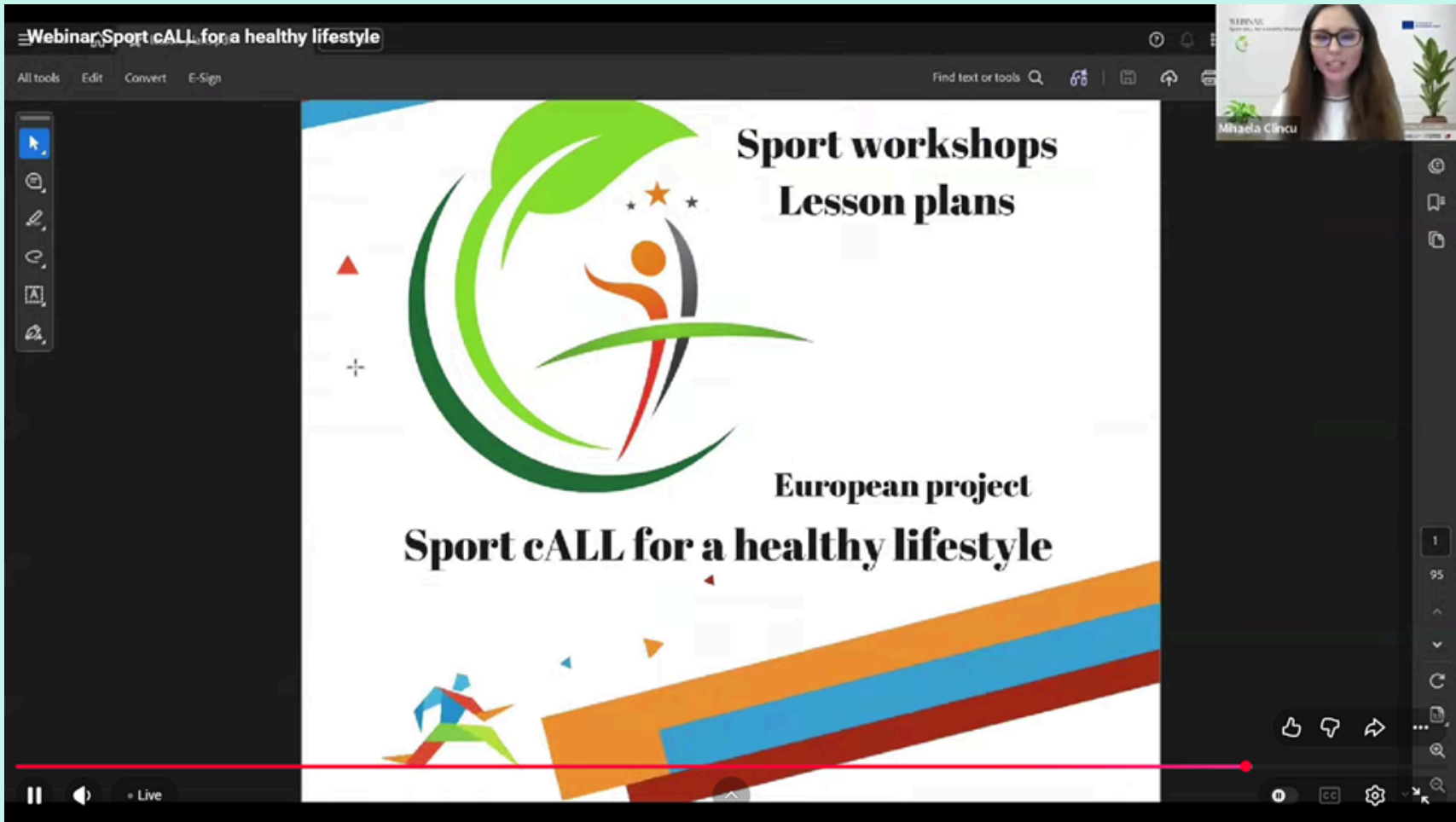
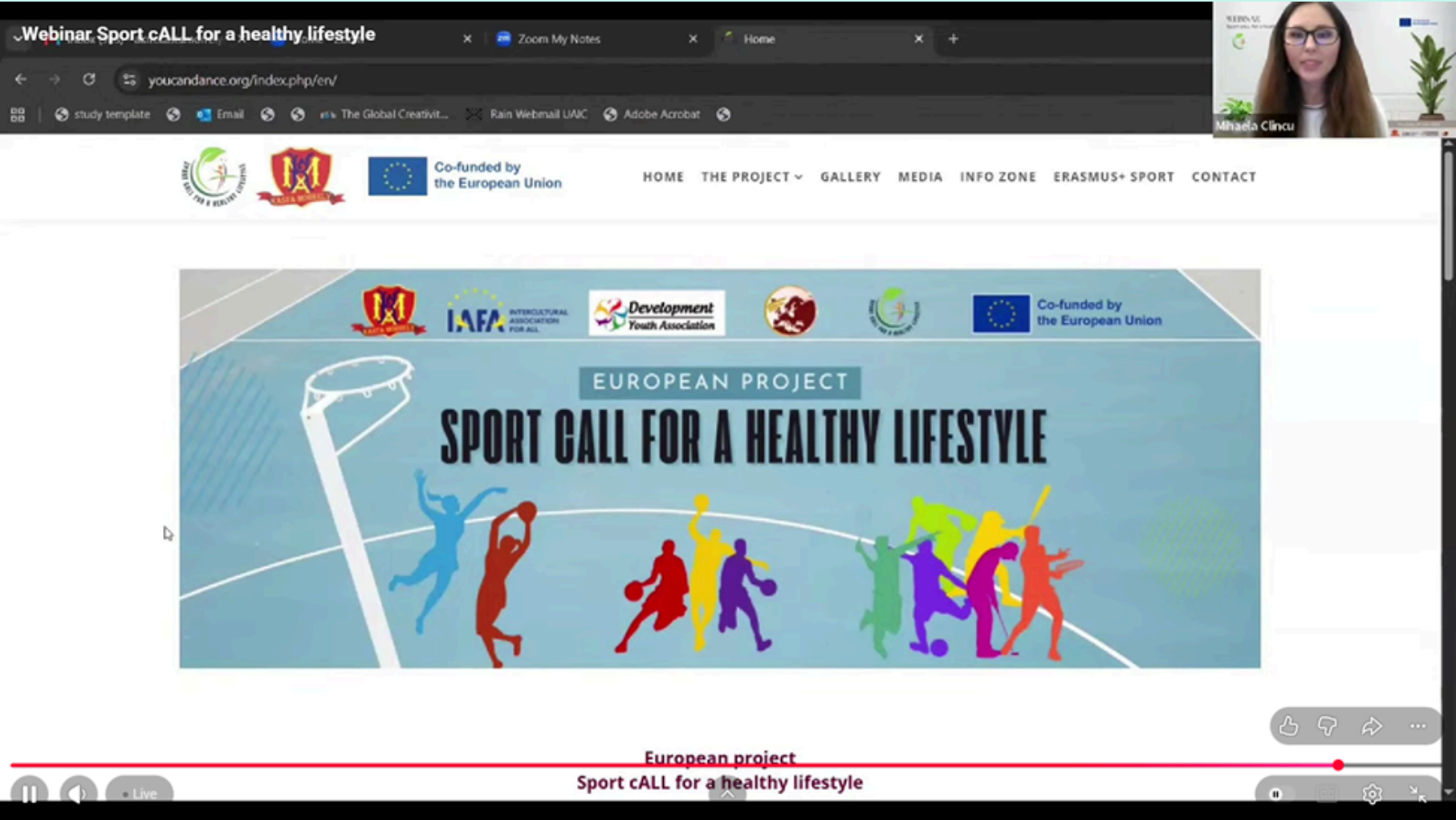
Dissemination webinar

Public sport events



Dissemination webinar

Awareness campaign





Link to the full webinar:

<https://www.youtube.com/live/nx-Khgj3DrQ>



Contact us

Kasta Morrely Association

Email: akm.kastamorrely@gmail.com

www.youcandance.org

Facebook: Sport call for a healthy lifestyle

