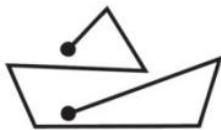




ΕΛΛΗΝΙΚΗ ΔΙΑΒΗΤΟΛΟΓΙΚΗ ΕΤΑΙΡΕΙΑ
HELLENIC DIABETES ASSOCIATION



ΠΑΝΕΛΛΗΝΙΑ ΟΜΟΣΠΟΝΔΙΑ
ΣΩΜΑΤΕΙΩΝ - ΣΥΛΛΟΓΩΝ ΑΤΟΜΩΝ
ΜΕ ΣΑΚΧΑΡΩΔΗ ΔΙΑΒΗΤΗ
«Π.Ο.Σ.Σ.Α.Σ.ΔΙΑ.»



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PRESS RELEASE

**«Mission: Diabetes. You are part of the solution.
Be a member of the Team!» travels to Lesvos**

On behalf of PAE Kalloni, football players Mr. Nikos Mallis and Mr. George Xydas visited the Primary School of Kalloni, helping disseminate a message about the need for systematic exercise and balanced nutrition

Through a specifically designed educational game, entitled «Discovering the treasures of good health. Exercise and healthy nutrition», students discovered the treasures of good health

Monday, April 11th, 2016. On Monday, April 11th, **Mission «Diabetes»** visited the island of **Lesvos**. **«Leaders of the Mission»** were Mr. **Nikos Mallis** and Mr. **George Xydas**, goalkeeper and striker of the football team of Kalloni, respectively. On behalf of the entire Team, Mr. Mallis and Mr. Xydas visited the Primary School of Kalloni, supporting the need to inform children about the **importance of exercise and healthy nutrition** for the **prevention of Diabetes**.

This visit takes place within the context of the panhellenic information campaign **“Mission: Diabetes. You are part of the solution. Be a member of the Team!”**, which will visit 10 cities across the country. The campaign runs under the auspices of the **Ministry of Education, Research & Religious Affairs**, the **Hellenic Diabetes Association**, and the **Panhellenic Federation of People with Diabetes**, and is organized by **Agoni Grammi Gonimi**, with the **kind support** of **ELPEN**.

Informing the public about the prevention and management of Diabetes constitutes a **primary goal for the scientific community**, given that this disease is currently taking on **epidemic proportions**, counting approximately 1.200.000 patients in Greece and 350.000.000 worldwide, with 90% suffering from Type 2 Diabetes. Type 2 Diabetes is more common in developed countries, as it is **directly linked** to the «western lifestyle», that is, **lack of exercise, sedentary routine and unhealthy nutrition**, and is one of the major causes of death globally.

The **two football players** invited the **students to become members of the «Diabetes» team**, and to learn important information about maintaining a good health, through the engagement in their favorite sport and through balanced nutrition. Within this context, Mr. Mallis and Mr. Xydas **delivered sports equipment to the students**, such as basket balls, hand balls, soccer balls, no-handle skipping ropes and

wooden-handle skipping ropes, rhythm gymnastics' hoops, individual mattresses, etc., as requested by the school.

Subsequently, the students discussed with the two men about the **health benefits that systematic exercise offers**. Among other things, the two football players highlighted the following: *«Sports must be a **way of living** for all of us, young ones and older ones, since we can only gain benefits from integrating systematic exercise and balanced nutrition in our lives. When exercising, we are stronger; we are healthy and full of energy. If, as advised by physicians, we **win over obesity**, which is caused by sedentary lifestyle and poor nutrition, then we will have **offered ourselves the most valuable** gift of all, since we will be helping to **reduce the risk** of presenting chronic diseases, like Diabetes.»*

In parallel, aiming at **enhancing the understanding of children** on the importance of **maintaining a normal weight**, through exercise and good nutrition, so as to **manage Diabetes**, during the «Mission: Diabetes» program, an **experiential educational game**, entitled «Discovering the treasures of good health. Exercise and healthy nutrition» was carried out. This game has been specifically designed by Playroom, with the scientific support of HDA. Through art and games, students learned how the human body functions, how Diabetes appears, and the ways in which we can protect our organism from serious diseases that are associated with poor nutrition and lack of exercise. Using the information collected while engaging in this game, **the students, as a team**, created their own healthy human organism.

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