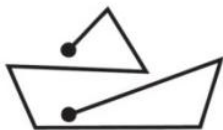




ΕΛΛΗΝΙΚΗ ΔΙΑΒΗΤΟΛΟΓΙΚΗ ΕΤΑΙΡΕΙΑ  
HELLENIC DIABETES ASSOCIATION



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



ΑΓΟΝΗ  
ΓΡΑΜΜΗ  
ΓΟΝΙΜΗ



## PRESS RELEASE

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

*Mr. Alexandros Nikolaidis visited the 2<sup>nd</sup> Primary School of Triandria, 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*

Tuesday, May 24<sup>th</sup>, 2016. On Tuesday, May 24<sup>th</sup>, Mission «Diabetes» visited the city of Thessaloniki. **Mr. Alexandros Nikolaidis, Tae Kwon Do Olympic medalist, led the Mission.** Mr. Nikolaidis visited the 2<sup>nd</sup> Primary School of Triandria, 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 Greece. 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.

**Mr. Nikolaidis** 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. Nikolaidis **delivered sports equipment to the students**, such as *soccer balls, basket balls, hand balls, volley balls, basket hoops, mini soccer nets, pace/hurling exercise hoops, plastic cones, exercise poles, field demarcation paint,*

*plastic batons, training hurdles, soft balls, training javelins, elastic height ropes with leads on their ends, nets, rackets, and ping-pong balls, as requested by the school.*

Subsequently, the students discussed with Mr. Nikolaidis about the **health benefits that systematic exercise offers**. Among other things, Mr. Nikolaidis highlighted that: *«Sports must be a way of living for everyone, young ones and older ones, since we can only gain benefits from integrating systematic exercise and balanced nutrition in our lives. When exercising, we become 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, during the «Mission: Diabetes» program, an **experiential educational game**, entitled «Discovering the treasures of good health. Exercise and healthy nutrition» was carried out. The aim was to **enhance the understanding of children** about the importance of **maintaining a normal weight**, through exercise and good nutrition, so as to **manage Diabetes**. 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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