

# PRO-HEALTH ACTIONS

DIET, PHYSICAL ACTIVITY AND  
STRESS REDUCING METHODS



Editorial Board

Francisco Javier García Gómez, Marta Mármol Muñoz



Co-funded by  
the European Union



## Project Description

These Pro-Health Actions were developed within the Erasmus+ KA2 project "Judo as a Trigger to Shape Youth Pro-Health and Pro-Social Attitudes" (Judo & Health).

Judo & Health addresses adolescents who practice judo not only as a sport, but as a way of personal development. The project emphasizes that success in sport should never come at the expense of health. Instead, it promotes a balanced, sustainable approach to physical activity, nutrition, recovery, mental well-being, and social engagement.

The Erasmus+ project "Judo & Health" recognizes that true well-being stems from a holistic approach, which is why it proudly introduces its Pro-Health Actions. These initiatives are designed to empower young participants to become active agents of change within their communities. By focusing on a dynamic combination of diet, physical activity, and stress reduction methods, these actions move beyond the training mat. Crucially, they are not centrally imposed but are instead initial suggestions that will be detailed, adapted, and led by teenagers in collaboration with members of their local communities, fostering a sense of shared responsibility for health and wellness.



Co-funded by  
the European Union

## Prepared by:

Akademia WSB - Poland  
Campus Pro Patria Judo - Italy  
Oxelösunds judoklubb - Sweden  
Tělocvičná jednota Sokol Praha Vršovice - Czech Republic  
Inercia Digital - Spain



**Akademia WSB**  
**WSB University**



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.

2023-2-PL01-KA220-YOU-000177031  
2025

## TABLE OF CONTENT

<b>I. Introduction and Program Objectives</b>	6
The JUDO Project: A Catalyst for Youth Leadership	6
<b>II. Implementation Methodology: The Leader's Guide</b>	8
Detailed Steps of the "One-Rule-Per-Week" Challenge	8
The Expanded Role of the Young Leader	8
<b>III. Module 1: Healthy Diet Scenarios</b>	10
<b>IV. Module 2: Pro-Health Physical Activity Scenarios</b>	13
<b>V. Module 3: Managing Stress and Relaxation Scenarios</b>	16
<b>VI. Family: A Playful Division of Roles for a Healthy Lifestyle at Home</b>	19
<b>VII. Conclusion: Sustaining the Momentum of the JUDO Project</b>	22

## TABLE OF PICTURES

Picture 1	9
Picture 2	21

# I. Introduction and Program Objectives

## The JUDO Project: A Catalyst for Youth Leadership

This document is a core output of the Erasmus+ project, **Judo (Judo as a trigger to shape youth pro-health and pro-social attitude - 2023-2-PL01-KA220-YOU-000177031)**. This international cooperation partnership, involving institutions across Poland (AKADEMIA WSB), Italy (Campus Pro Patria Judo), Sweden (Oxelösunds judoklubb), the Czech Republic (Tělocvičná jednota Sokol Praha Vršovice), and Spain (Inercia Digital), is fundamentally aimed at utilizing the unique ethical and physical framework of Judo to foster positive lifestyle change among young people.

The project operates on the premise that the values inherent in Judo—respect, discipline, modesty, and perseverance—provide an ideal foundation for developing pro-health and pro-social attitudes that extend far beyond the dojo. We recognize that while competitive success is achieved by few, the benefits of the Judo ethos can be harvested by all.

The main goal of the JUDO project is to **create young leaders of a healthy lifestyle**, specifically targeting teenagers practicing judo who may not have spectacular sports results. This focus is an intentional novelty, aimed at activating and empowering this often-overlooked group of youth, thereby counteracting social exclusion and providing them with a new area of social leadership.

This guide, generated as a result of collaborative work between judo experts, scientists, and trainers from five partner countries, serves two specific educational purposes:

1. **Self-Correction and Pro-Health Education:** To equip young judokas with the knowledge and tools to recognize and correct potential hazards in their own lifestyle (diet, sedentary habits, stress).
2. **Community Education and Pro-Social Attitude:** To educate these young leaders on how to become effective educators within their own communities (family, friends), actively encouraging non-practitioners to adopt a healthy lifestyle.

This guide, *Pro-Health Actions Initial Scenarios*, is the practical framework for the educational phase of Work Package 2. It provides the **"what"** (90 specific actions) and the **"how"** (detailed methodology) for implementing lifestyle change. The scenarios are derived from a comprehensive diagnosis of youth needs and trainer knowledge conducted across all partner clubs.

The content is divided into three critical areas of well-being, reflecting contributions from specific partner country expertise:

<u>Module</u>	<u>Thematic Focus</u>	<u>Core Objective</u>	<u>Contributing Partner Focus</u>
<b>Module 1</b>	Healthy Diet	Sustainable Nutrition and Mindful Consumption	Sweden
<b>Module 2</b>	Pro-Health Physical Activity	Integrated Movement and Non-Judo Fitness	Czech Republic
<b>Module 3</b>	Managing Stress and Relaxation	Mental Discipline and Recovery	Italy

Every scenario listed in the following modules is intentionally linked to one or more of the project's critical behavioral change subtopics. These subtopics define the ultimate action goal and allow for clear, measurable tracking during the implementation phase (WP3):

<b>Subtopic ID</b>	<b>Focus Area</b>	<b>Detailed Goal for the Leader</b>
<b>No 1</b>	<b>"Loosing extra kilograms"</b>	Promoting sustainable energy expenditure and mindful caloric intake to achieve a healthy body composition.
<b>No 2</b>	<b>"Individual or group march/cycling/swimming training"</b>	Encouraging accessible, non-contact cardiorespiratory fitness that broadens physical activity outside of the dojo environment.
<b>No 3</b>	<b>"Thank you, I don't eat / don't drink this"</b>	Developing firm, respectful social refusal skills for unhealthy substances (excess sugar, salt, etc.) and developing boundaries against negative habits.

## II. Implementation Methodology: The Leader's Guide

The implementation of these Pro-Health Actions is the pivotal moment where the young judoka transitions from a student to a leader. This section provides a multi-faceted methodology to ensure the success, sustainability, and social impact of the challenges they undertake.

Changing habits is difficult, which is why the program rejects radical, unsustainable demands. Instead, it embraces the **Judo principle of *Seiryoku Zen'yō* (Maximum efficiency with minimum effort)**, translated here into the **"One-Rule-Per-Week" Challenge**.

### Detailed Steps of the "One-Rule-Per-Week" Challenge

1. **Leader-Led Selection:** The Young Leader analyzes the needs of their target group (e.g., their family) and selects the **single most impactful action** (e.g., "Zero-Sugar Drink Challenge") from the guide.
2. **Community Commitment:** The Leader formally introduces the action to the participants, gaining their explicit, voluntary agreement for the 7-day challenge. Participants must understand that success is measured by consistency, not intensity.
3. **Active Implementation (The Week):** All energy is focused solely on mastering this single new behavior. The Leader must model the behavior flawlessly, embodying the discipline learned in Judo.
4. **Reflection and Evaluation (End of Week):** The Leader gathers feedback. Was the rule easy or difficult? What were the barriers? If the rule was successfully embedded (i.e., performed correctly 80%+ of the time), it becomes a *permanent habit*—a new baseline for the community.
5. **Scaling Up:** The following week, the group selects a new action to tackle, while strictly maintaining all previously successful habits. This ensures an organic, sustainable build-up of a healthy lifestyle over time.

### The Expanded Role of the Young Leader

The leader's role is far more extensive than merely participating. They are the **catalyst, the coach, and the communicator** for the Pro-Health Actions.

#### 1. Responsibilities as a Social Role Model

- **Needs Assessment and Diagnosis:** Before starting, the Leader must conduct an informal "internal audit" of their target community. Does the family struggle with lack of exercise (Module 2)? Or is their primary risk factor poor diet (Module 1)? The action selection must be targeted.
- **Logistical Planning:** The Leader must organize the activity. For example, for "Sunday Bike Adventure," the leader plans the route, checks the equipment, and sets the departure time. For "No Screen Mealtime," the leader ensures all devices are put away before food is served.



- **Proactive Encouragement:** Utilize the Judo spirit of mutual welfare and benefit. Encourage others with positive reinforcement, emphasizing the collective benefit rather than individual deficits.
- **Documentation and Feedback:** Maintain a simple log of participation and qualitative observations. This practice of structured reflection is key to continuous improvement and is vital for the overall project evaluation (WP3).

## 2. Mastering the Refusal Skill (Subtopic No 3)

A core component of the pro-social attitude is the ability to maintain a healthy boundary in social settings. This is encapsulated in the subtopic "**Thank you, I don't eat / don't drink this.**"

- **Developing Confidence:** The Leader must practice the polite, respectful, but firm refusal phrase. This turns a potentially negative social interaction into a positive display of self-discipline.
- **Anticipation and Substitution:** Leaders should anticipate situations where temptation is high (e.g., birthdays, parties). Instead of just refusing, they should proactively bring a healthy substitute (e.g., a flavored water bottle instead of a sugary soft drink).
- **Educating Peers:** When peers ask *why*, the leader uses this as an opportunity for respectful, brief education on the benefits of their choice, avoiding judgment of the other person's choices.

The scenarios are intentionally diverse to ensure a holistic approach to health, preventing overtraining in one area (like judo) while neglecting others (like cardiovascular health or mental recovery).



Picture 1: from Tělocvičná jednota Sokol Praha Vršovice



# III. Module 1: Healthy Diet Scenarios

Contributed by: Oxelösunds judoklubb - Sweden

## Theme 1: Hydration & Sugar Elimination

- **1. The 1.5-Liter Goal**
  - *Description:* Commit to drinking a minimum of **1.5 liters of clean water** daily. Use a marked bottle and track intake to build hydration as a core habit.
  - *Linked Subtopic:* **No 3**
- **2. Zero-Sugar Drink Challenge**
  - *Description:* Completely eliminate all beverages with added sugar, including carton juices, sodas, and sweetened tea/coffee, for the week.
  - *Linked Subtopic:* **No 3, No 1**
- **3. Natural Flavor Infusion**
  - *Description:* Substitute sugary flavorings by naturally infusing water with fresh slices of lemon, cucumber, ginger, mint, or strawberry.
  - *Linked Subtopic:* **No 3**
- **4. The "One-Less" Rule**
  - *Description:* If you currently add sugar to drinks, reduce the amount by one teaspoon per cup each week until it is fully eliminated.
  - *Linked Subtopic:* **No 3**
- **5. Sweet Drink Refusal Skill**
  - *Description:* Practice confidently and politely declining sugary drinks when offered by peers or family, using the key phrase: **"Thank you, I don't drink this."**
  - *Linked Subtopic:* **No 3**

## Theme 2: Mindful Consumption & Structure

- **6. "No Screen" Mealtime**
  - *Description:* Commit to eating all main meals without distraction (TV, phone, tablet). Focus entirely on the food's taste, smell, and texture.
  - *Linked Subtopic:* **No 1**
- **7. Breakfast Planning Ahead**
  - *Description:* Prepare a nutritious, high-protein/high-fiber breakfast (e.g., omelet, cottage cheese toast) the night before to ensure a strong start and prevent sugary grabs.
  - *Linked Subtopic:* **No 1**
- **8. The 20-Minute Meal Pace**
  - *Description:* Slow down the pace of eating; place your cutlery down between bites. This allows the brain to register satiety signals effectively.
  - *Linked Subtopic:* **No 1**
- **9. Flexibility Bounce-Back**
  - *Description:* If you deviate from the weekly rule, immediately recommit with the very next meal or drink. Do not allow a single slip to ruin the challenge.

- *Linked Subtopic: No 3*
- **10. Pre-Meal Water Intake**
  - *Description:* Drink one full glass of water 10 minutes before sitting down for lunch and dinner to aid digestion and help manage portion size.
  - *Linked Subtopic: No 1*

### Theme 3: Quality Swaps & Portion Control

- **11. Vegetable Plate Commitment**
  - *Description:* Ensure every lunch and dinner plate contains a generous serving of colorful vegetables (raw, steamed, or roasted).
  - *Linked Subtopic: No 1*
- **12. Whole Grain Swap (Bread)**
  - *Description:* Replace all refined white bread products in the household with whole-grain or whole-wheat alternatives.
  - *Linked Subtopic: No 3, No 1*
- **13. Whole Grain Swap (Pasta/Rice)**
  - *Description:* Replace all consumption of refined white rice and "regular" pasta with brown rice, quinoa, and whole-wheat/whole-grain pasta.
  - *Linked Subtopic: No 3, No 1*
- **14. Fruit Portion Increment**
  - *Description:* Gradually increase natural fruit intake: begin by adding an apple after dinner, then add a handful of berries to breakfast the following week.
  - *Linked Subtopic: No 3*
- **15. Avocado Flavor Experiment**
  - *Description:* Incorporate healthy fats by eating avocado daily. If you struggle with the flavor, try blending it with aromatic herbs/garlic or cocoa powder.
  - *Linked Subtopic: No 3*
- **16. 3-Day Sweet-Free Challenge**
  - *Description:* Challenge the community to go 3 days without any added-sugar sweets (candy, cookies, chocolate), tracking improvement weekly up to 7 days.
  - *Linked Subtopic: No 3, No 1*
- **17. 3-Day Salty-Snack-Free Challenge**
  - *Description:* Challenge the community to go 3 days without processed salty snacks (chips, crackers), tracking improvement weekly up to 7 days.
  - *Linked Subtopic: No 3, No 1*
- **18. Homemade Healthy Pizza**
  - *Description:* Organize a group cooking session to prepare homemade pizza using a healthier whole-grain base and abundant fresh vegetable toppings.
  - *Linked Subtopic: No 3, No 1*
- **19. Homemade Healthy Burger**
  - *Description:* Host a cooking session for lean burgers, using whole-grain buns and maximizing fresh salad ingredients.
  - *Linked Subtopic: No 3, No 1*
- **20. Granola Swap**

- *Description:* Replace sugary commercial breakfast cereals with plain rolled oats or simple homemade granola (roasted nuts, seeds, and oats).
- *Linked Subtopic:* **No 3, No 1**
- **21. Dairy Swap**
  - *Description:* Choose plain, unsweetened yogurt or cottage cheese over pre-flavored, sweetened versions. Add fresh fruit yourself.
  - *Linked Subtopic:* **No 3**
- **22. Sauce Swap Week**
  - *Description:* Commit to avoiding high-sugar, high-fat commercial sauces (ketchup, mayo) for one week, substituting them with herbs, lemon juice, or mustard.
  - *Linked Subtopic:* **No 3**
- **23. The "Shopping List Scout"**
  - *Description:* Shop primarily the store perimeter (produce, fresh dairy, meat), committing to zero purchases from the central aisles where most processed snacks reside.
  - *Linked Subtopic:* **No 3**
- **24. Taste Test Challenge**
  - *Description:* Conduct a blind taste test between a sugary drink and a naturally flavored water (e.g., cucumber and mint) to highlight the impact of added sugar.
  - *Linked Subtopic:* **No 3**
- **25. Portion Downsizing**
  - *Description:* For one meal per day (e.g., lunch), consciously reduce the usual portion size by 1/4 to align caloric intake with energy needs outside of training.
  - *Linked Subtopic:* **No 1**
- **26. Eating Out Refusal**
  - *Description:* Practice saying: **"Thank you, I don't eat this,"** when offered an unwanted appetizer or dessert during a social meal.
  - *Linked Subtopic:* **No 3**
- **27. The Home-Baked Treat**
  - *Description:* When craving a sweet, bake a small, single-serving portion of a healthy treat at home instead of buying a large, processed commercial product.
  - *Linked Subtopic:* **No 3**
- **28. Dinner Time: No Second Helpings Rule**
  - *Description:* Introduce a clear household rule that second helpings are allowed *only* if they consist exclusively of vegetables or salad.
  - *Linked Subtopic:* **No 1**
- **29. Pre-Training Snack Strategy**
  - *Description:* Always consume a small, balanced snack (e.g., banana and a few nuts) 60-90 minutes before judo training for sustained energy.
  - *Linked Subtopic:* **No 1**
- **30. Protein Power-Up**
  - *Description:* Ensure every single meal includes a source of lean protein (eggs, chicken, fish, beans) to promote long-term satiety and aid muscle recovery.
  - *Linked Subtopic:* **No 1**

## IV. Module 2: Pro-Health Physical Activity Scenarios

Contributed by: Tělocvičná jednota Sokol Praha Vršovice - Czech Republic

### Theme 1: Active Transportation & Errand Running

- **31. The "Park Further Away" Event**
  - *Description:* When driving anywhere (shops, school), deliberately park a block or two further away and walk the remaining distance.
  - *Linked Subtopic:* **No 1, No 2 (Walking)**
- **32. Active Errand Challenge**
  - *Description:* Volunteer to complete all short-distance family errands (post office, small market) on foot or by bike instead of using the car.
  - *Linked Subtopic:* **No 1, No 2 (Walking/Cycling)**
- **33. Active Commute Commitment**
  - *Description:* Commit to walking or cycling to school/work at least 2 to 3 days per week, involving parents/siblings in the challenge.
  - *Linked Subtopic:* **No 1, No 2 (Walking/Cycling)**
- **34. Family Bike Path Finder**
  - *Description:* Identify a new local cycling route or scenic path and lead the family on a scheduled weekend bike trip.
  - *Linked Subtopic:* **No 2 (Cycling)**
- **35. The Longest Route to the Park**
  - *Description:* When going to a familiar location (playground, friend's house), deliberately choose a longer, more challenging route to increase steps.
  - *Linked Subtopic:* **No 1, No 2 (Walking)**

### Theme 2: Incidental Movement & Household Fitness

- **36. Stairs Instead of Lifts Challenge**
  - *Description:* Make a non-negotiable rule to always take the stairs instead of the lift or escalator, wherever possible.
  - *Linked Subtopic:* **No 1**
- **37. Family Cleaning as a Sport**
  - *Description:* Treat household chores (vacuuming, scrubbing) as a workout, exaggerating movements to elevate the heart rate.
  - *Linked Subtopic:* **No 1**
- **38. Active Grandparent Visits**
  - *Description:* Instead of prolonged sitting, suggest a short, gentle walk around the block or some active stretching with older relatives.
  - *Linked Subtopic:* **No 2 (Walking)**
- **39. Active Waiting**
  - *Description:* When waiting in line or for public transport, perform small movements like calf raises, marching in place, or subtle stretching.
  - *Linked Subtopic:* **No 1**

- **40. The "100 Steps" Rule**
  - *Description:* Every hour you spend sitting (studying, gaming), get up and walk 100 steps around the room or house before continuing.
  - *Linked Subtopic:* **No 1**

### Theme 3: Structured Family & Group Activity

- **41. Evening Walk Ritual**
  - *Description:* Introduce a family rule: a 20-minute walk outside after dinner to aid digestion and promote quality time without mobile phones.
  - *Linked Subtopic:* **No 1, No 2 (Walking)**
- **42. Family Dance Evening**
  - *Description:* Initiate a spontaneous 15-20 minute family dance session in the living room, focusing on fun and high-energy movement.
  - *Linked Subtopic:* **No 1**
- **43. Swimming Before Play**
  - *Description:* When visiting a pool or beach, commit to 10-15 minutes of structured swimming (laps or timed effort) before relaxing or playing.
  - *Linked Subtopic:* **No 2 (Swimming)**
- **44. Strength Training Stops**
  - *Description:* During a group walk, introduce "**Fitness Stops**": 10 squats by a bench, 10 lunges by a tree, or 10 push-ups against a wall.
  - *Linked Subtopic:* **No 1, No 2 (Walking)**
- **45. Community Sports Invitation**
  - *Description:* Organize an informal group game (football, basketball, volleyball) once a week, specifically inviting friends who do not practice judo.
  - *Linked Subtopic:* **No 2 (Group)**

### Theme 4: Bodyweight Training & Challenges

- **46. Morning Stretches Ritual**
  - *Description:* Commit to a 5-minute morning routine of simple dynamic stretching, arm circles, and light squats before dressing to wake up the muscles.
  - *Linked Subtopic:* **No 1**
- **47. TV Ad Squat/Plank**
  - *Description:* During the TV adverts or breaks between series episodes, perform 10 squats or hold a plank for 30 seconds.
  - *Linked Subtopic:* **No 1**
- **48. Push-Up Challenge**
  - *Description:* Start a daily "push-up challenge" (on knees, or standing against a wall) at home, tracking small, incremental improvements.
  - *Linked Subtopic:* **No 1**
- **49. Stair Gym Circuit**
  - *Description:* Use the stairs in your home/building for quick bursts of cardio: climb them quickly 5 times without stopping, focusing on safety and speed.

- *Linked Subtopic: No 1*
- **50. Plank Instead of Scrolling**
  - *Description:* When the urge to pick up the mobile phone hits, first hold a plank for 20-30 seconds. This is great for core strength and discipline.
  - *Linked Subtopic: No 1*
- **51. Carrying Shopping Arm Workout**
  - *Description:* Divide grocery shopping into several smaller bags and carry them for a short distance as a temporary arm/shoulder strengthening exercise.
  - *Linked Subtopic: No 1*
- **52. Playground Circuit**
  - *Description:* Use playground equipment (climbing frames, bars) for strength training activities like pull-ups, hanging, or dips.
  - *Linked Subtopic: No 1, No 2 (Walking)*
- **53. "Heavy Backpack" Walk**
  - *Description:* Sensibly load a rucksack for school or a trip. Walking with a balanced load strengthens the back and legs.
  - *Linked Subtopic: No 1, No 2 (Walking)*
- **54. Dance Power Workout**
  - *Description:* Integrate high-intensity "power moves" (squats, jumps, lunges) into spontaneous dance sessions for a fun, full-body workout.
  - *Linked Subtopic: No 1*
- **55. Wall Sit Challenge**
  - *Description:* Hold a wall sit (back against the wall, knees at 90 degrees) for 30-60 seconds daily and track improvement.
  - *Linked Subtopic: No 1*
- **56. Jumping Rope Break**
  - *Description:* Keep a skipping rope readily available and take a high-intensity 3-minute jumping rope break instead of a sedentary break.
  - *Linked Subtopic: No 1*
- **57. Exploring Local Trails**
  - *Description:* Commit to trying a new local walking/hiking trail each month with a friend or family member.
  - *Linked Subtopic: No 2 (Walking/Group)*
- **58. Cycling Safety Check**
  - *Description:* Organize a group bike safety and maintenance session (checking brakes, tires, lights) to encourage reliable and frequent cycling.
  - *Linked Subtopic: No 2 (Cycling)*
- **59. Active Gaming**
  - *Description:* Replace traditional sedentary gaming with active, motion-sensor video games (if available) for at least 30 minutes daily.
  - *Linked Subtopic: No 1*
- **60. Community Clean-Up Walk**
  - *Description:* Organize a group walk where participants pick up litter, combining walking with a pro-social activity.
  - *Linked Subtopic: No 2 (Walking)*



## V. Module 3: Managing Stress and Relaxation Scenarios

**Contributed by:** Campus Pro Patria Judo - Italy

### Theme 1: Immediate Calm & Breathing Techniques

- **61. Five-Breath Reset**
  - *Description:* Use five slow, deep breaths (inhaling through the nose, exhaling through the mouth) just before a fight, test, or stressful event.
  - *Linked Subtopic:* **No 3** (Refusing Stress)
- **62. Silent Sitting Break**
  - *Description:* Commit to sitting in silence with eyes closed for just 5 minutes daily, practicing letting thoughts pass without engagement.
  - *Linked Subtopic:* **No 3** (Refusing Mental Clutter)
- **63. Mobile Phone Disconnect**
  - *Description:* Implement a "**Digital Sunset**" rule: turn off your mobile phone for a defined 30-60 minute period every evening.
  - *Linked Subtopic:* **No 3** (Refusing Digital Addiction)
- **64. Focus on the Flame**
  - *Description:* Light a scented candle (e.g., lavender) and focus all attention on the movement of the flame for 2 minutes to center the mind.
  - *Linked Subtopic:* **No 3** (Refusing Distraction)
- **65. Autogenic Training App**
  - *Description:* Utilize a free app with guided relaxation or autogenic training programs for a structured 10-minute session.
  - *Linked Subtopic:* **No 3** (Refusing Stress)
- **66. The 4-7-8 Breathing Technique**
  - *Description:* Practice the calming breathing pattern: Inhale for 4s, hold for 7s, exhale for 8s. Repeat 4 times to calm the nervous system.
  - *Linked Subtopic:* **No 3** (Refusing Stress)

### Theme 2: Physical Release & Recovery

- **67. Pre-Nap Stretch**
  - *Description:* Perform 5 minutes of gentle stretching to release muscle tension before going to sleep or taking a short nap.
  - *Linked Subtopic:* **No 1** (Aiding Recovery/Metabolism)
- **68. Outdoor 10**
  - *Description:* Take a brisk walk or engage in any outdoor physical activity for just 10 minutes to rapidly change the environment and interrupt a stress cycle.
  - *Linked Subtopic:* **No 2 (Walking)**
- **69. Self-Massage Mini Break**
  - *Description:* Use a cream or oil to give a quick self-massage to high-tension areas like the hands, feet, temples, or neck.
  - *Linked Subtopic:* **No 1** (Aiding Recovery/Circulation)



- **70. Hot Bath Soak**
  - *Description:* Take a hot bath or shower, optionally adding salts or essential oils to enhance physical and mental relaxation.
  - *Linked Subtopic:* **No 1** (Aiding Recovery/Circulation)
- **71. Post-Training Partner Massage**
  - *Description:* Exchange a brief shoulder, neck, or back rub with a judo training partner right after practice to signal physical relaxation.
  - *Linked Subtopic:* **No 1** (Aiding Recovery)
- **72. Sauna/Steam Room Visit**
  - *Description:* If available and appropriate, spend time in a sauna or steam room after training for deep heat relaxation.
  - *Linked Subtopic:* **No 1** (Aiding Recovery/Circulation)
- **73. Whirlpool Bath Therapy**
  - *Description:* If a facility offers it, use a whirlpool bath for 10-15 minutes to target muscle soreness and promote relaxation.
  - *Linked Subtopic:* **No 1** (Aiding Recovery/Circulation)

### Theme 3: Sensory & Creative Distraction

- **74. Relaxation Playlist**
  - *Description:* Create a dedicated playlist of calming music (nature sounds, ambient noise) and listen to it actively when stressed.
  - *Linked Subtopic:* **No 3** (Refusing Mental Clutter)
- **75. Warm Herbal Tea Ritual**
  - *Description:* Establish a calming routine of drinking a warm herbal tea (chamomile, lemon balm) instead of stimulating or sugary drinks when stressed.
  - *Linked Subtopic:* **No 3** (Refusing Stressful Substances)
- **76. Coloring/Drawing Distraction**
  - *Description:* Engage in a simple, non-demanding creative activity like adult coloring or simple drawing to distract the busy mind.
  - *Linked Subtopic:* **No 3** (Refusing Mental Clutter)
- **77. The "Funny Movie" Distraction**
  - *Description:* Watch a short, funny, or very light movie/clip for a quick mental break and mood boost.
  - *Linked Subtopic:* **No 3** (Refusing Stress)
- **78. The Sky/Sunset Gaze**
  - *Description:* Step outside and spend 5 minutes consciously watching the sky, clouds, or the sunset, appreciating the natural environment.
  - *Linked Subtopic:* **No 3** (Refusing Distraction)

### Theme 4: Mindset & Reflection

- **79. Journaling Dump**
  - *Description:* Write down all overwhelming thoughts and emotions in a journal for 5-10 minutes to externalize them.

- *Linked Subtopic: No 3* (Refusing Mental Overload)
- **80. Gardening or Plant Care**
  - *Description:* Engage in the simple, repetitive task of caring for a plant or garden, focusing on the sensory inputs.
  - *Linked Subtopic: No 3* (Refusing Distraction)
- **81. Read for Pleasure**
  - *Description:* Dedicate 15 minutes to reading a light, engaging book or magazine completely unrelated to commitments.
  - *Linked Subtopic: No 3* (Refusing Distraction)
- **82. Cooking for Enjoyment**
  - *Description:* Spend time cooking a healthy meal purely for the enjoyment of the process, focusing on the steps and sensory details of preparation.
  - *Linked Subtopic: No 1* (Positive Food Focus)
- **83. Worry Time Box**
  - *Description:* Designate a specific 10-minute slot each day for "worry time." If a worry surfaces earlier, write it down and consciously save it for the slot.
  - *Linked Subtopic: No 3* (Refusing Constant Worry)
- **84. The "Just One Thing" Focus**
  - *Description:* When overwhelmed by a large task, decide to focus only on completing the very next, smallest step.
  - *Linked Subtopic: No 3* (Refusing Overload)
- **85. Active Listening**
  - *Description:* When in a stressful conversation, practice active listening (focusing entirely on the speaker) to anchor yourself in the present moment.
  - *Linked Subtopic: No 3* (Refusing Distraction)
- **86. Body Scan**
  - *Description:* Lie down and consciously focus on relaxing each part of your body, starting from the toes and moving up to the head.
  - *Linked Subtopic: No 1* (Aiding Recovery)
- **87. Visualization Technique**
  - *Description:* Spend 5 minutes visualizing a peaceful, safe place (a quiet beach, a mountain path) and mentally place yourself there.
  - *Linked Subtopic: No 3* (Refusing Stress)
- **88. Yoga or Tai Chi Intro**
  - *Description:* Try a short introductory session of a body-awareness discipline like yoga or Tai Chi to learn slow, controlled movement and deep breathing.
  - *Linked Subtopic: No 2 (Group), No 1*
- **89. No Stress Eating**
  - *Description:* When stressed, consciously choose a relaxation technique (e.g., deep breathing, walking) instead of reaching for comfort food.
  - *Linked Subtopic: No 3, No 1*
- **90. Positive Affirmation Practice**
  - *Description:* Write down three things you achieved that day or three things you are grateful for before going to sleep.
  - *Linked Subtopic: No 3* (Refusing Negativity)

## VI. Family: A Playful Division of Roles for a Healthy Lifestyle at Home

A healthy lifestyle is easier to build and maintain when the whole family is involved. Clear roles, shared responsibility, and a bit of creativity can turn everyday health habits into a motivating family project. This section presents a practical and engaging way to divide roles within the family so that diet, physical activity, recovery, and technology are all covered, without placing the burden on just one person.

Think of it as a family health mission, where everyone has a task, a sense of responsibility, and a chance to contribute in their own way.

### **Role 1: Mother**

#### Chef, Meal Planner, and Hydration Guide

The mother acts as the architect of everyday nutrition, shaping healthy choices through planning, availability, and creativity rather than strict rules.

Her responsibilities include planning weekly menus using healthy recipes, for example those inspired by Team Sweden's meal plans, and preparing shopping lists that ensure the kitchen is stocked with vegetables, fruit, whole grains, and other nourishing foods. She also experiments with recipes, finding healthier substitutes for less nutritious ingredients or creatively incorporating them into meals in blended or disguised forms, such as vegetables in sauces or dressings.

An important part of this role is hydration. By keeping water easily accessible and attractive, for example with lemon, mint, cucumber, or berries in the fridge, she naturally encourages the whole family to drink more.

She also oversees the family's snack environment by creating a "healthy bar". Nuts, dried fruit, homemade muesli bars, and yoghurt should be easier to reach than chips or sweets. The goal is not restriction, but making healthier choices the simplest option.

### **Role 2: Father**

#### Physical Activity Coordinator and Recovery Expert

The father focuses on movement, regeneration, and balance between effort and rest.

He plans family physical challenges, especially for weekends, drawing inspiration from Team Czechia's activity ideas, and selects daily relaxation routines based on Team Italia's suggestions. He monitors overall activity levels, helping each family member reach recommended movement targets, for example 150 to 300 minutes of physical activity per week, in line with WHO guidelines.

He also takes responsibility for logistics, deciding where and when activities happen and booking facilities if needed. At home, he designs a “relaxation zone”, a space that encourages calm and recovery. This could be a reading corner, a yoga mat always ready to use, or softer evening lighting.

Digital balance is another key task. He introduces and supports screen free evenings, ideally switching off phones, tablets, and televisions about an hour before bedtime. To support mental recovery, he introduces short meditation, breathing, or stretching sessions of five to ten minutes, often after school or before sleep, using simple apps or guided exercises.

Finally, he ensures that “me time” exists in the family schedule. Around thirty minutes per day is reserved for offline activities chosen individually, such as reading, listening to music, or drawing.

### **Role 3: Teenager #1**

#### **Technology Ambassador and Health Monitoring Agent**

This role turns young people’s digital skills into a powerful health tool, while keeping the tone playful and non judgemental.

As Technology Ambassador, the teenager selects and sets up apps that help the family track hydration, sleep, or physical activity. They also create a simple digital motivation board using tools like shared spreadsheets, Trello, or Notion, where progress can be visualised through charts or checklists.

As a Health Content Producer, they curate short and engaging videos related to exercise or healthy cooking and share them in the family chat. They also create music playlists suited to different activities, such as jogging, yoga, or cooking together.

The most playful part of this role is acting as a Health Monitoring Agent. This is not about policing behaviour, but observing patterns and reporting progress in a fun way. The teenager discreetly notices habits, successes, and occasional “missions failed”, always with humour and consent.

#### **Agent Missions**

One mission is the “Silent Kitchen Watcher”, where the goal is to observe eating habits, notice when unhealthy snacks appear, check expiration dates, and occasionally collect photo evidence of meals, both healthy and less healthy.

Another mission focuses on activity and sleep hygiene. The agent checks whether fitness trackers are used during walks, notices long periods of sitting, suggests short movement breaks, and gently reminds the family about screen curfews. Observations about sleep habits, such as falling asleep with a phone in hand, are reported with humour rather than blame.

Once a week, the agent prepares a short “report to headquarters”, presented during a family meeting. Using code names and playful language keeps the atmosphere light while reinforcing awareness. A simple health points system can be used to reward effort and consistency.

#### **Role 4: Teenager #2 (Young Judoka)**

##### Mission Manager

The Mission Manager is the leader and coordinator of the family health mission. This role suits a young judoka particularly well, as it reflects leadership, responsibility, and teamwork.

The Mission Manager organises weekly family briefings, usually at the weekend, to discuss goals, challenges, and plans for the coming week. Together with the family, they define clear and realistic weekly goals, such as average step counts or reducing sugary drinks.

They confirm everyone’s roles and tasks, ensuring that responsibilities are understood. During the week, they manage the “data command centre”, keeping track of steps, sleep, and hydration using shared tools. They can also send short daily reminders through the family chat, for example encouraging hydration or movement.

Motivation is a central part of this role. The Mission Manager oversees a simple reward system, awarding points for consistency and effort. In consultation with parents, they help design rewards, such as a family movie night, choosing a restaurant, or a special shared activity.

When challenges arise, the Mission Manager acts as a mediator. If preferences clash or someone is injured or unwell, they adapt goals and activities to keep the mission realistic and inclusive. Maintaining morale and flexibility is part of their leadership task.



#### **Why This Works**

This role based approach transforms health into a shared project rather than an individual burden. It encourages cooperation, communication, and creativity, while reinforcing key values such as responsibility, respect, and mutual support. Just like in judo, everyone contributes according to their role, and progress is achieved together.

Health becomes not a set of rules, but a family practice, lived every day.

Picture 2: taken from Canva

## VII. Conclusion: Sustaining the Momentum of the JUDO Project

The Pro-Health Actions Initial Scenarios document marks the successful culmination of Work Package 2 (WP2), fulfilling the project's crucial objective: the creation of universal tools and instruments designed to shape health-oriented attitudes in young judokas. Through the dedicated, collaborative effort of scientists, trainers, and experts across five European nations, we have moved the JUDO project beyond theoretical diagnosis and into actionable strategy. This guide synthesizes a practical, robust educational framework that delivers 90 diverse, actionable scenarios spanning Diet, Physical Activity, and Stress Management, ensuring a truly holistic approach to youth well-being and community engagement.

The central achievement of this work is the provision of a toolkit that facilitates targeted intervention. Every scenario is logically and strategically linked to the three core behavioral subtopics: No 1 (Loosing Extra Kilograms), No 2 (Individual/Group Training), and No 3 ("Thank You, I Don't Eat/Drink This"). This explicit linkage is not merely for organizational purposes; it provides a clear, measurable metric for the subsequent evaluation phase. Furthermore, the accompanying Leader's Guide and the One-Rule-Per-Week methodology translate the abstract values of Judo—discipline, perseverance, and efficiency—into concrete, sustainable change management practices accessible to all participating teenagers, irrespective of their sporting aptitude.

The ultimate strength of this deliverable lies in its focus on the pro-social dimension of health. This guide is far more than a simple list of tips; it is a mandate for leadership. The teenage judokas involved are tasked with utilizing these scenarios to become genuine leaders within their families and peer circles. They move from being passive recipients of education to becoming active, empathetic educators. By demonstrating discipline and mastering the refusal skill, they model resilience and build sensitivity to social and health problems within their community. This practice directly counteracts social exclusion, offering youth who may not achieve podium success a powerful, recognized role in social life.

The preparation phase is now complete. The Pro-Health Actions Initial Scenarios now serve as the foundational material for Work Package 3 (WP3), where the true impact of the project will be realized. The implementation phase will see these scenarios put into practice across all partner judo clubs, generating invaluable data on their effectiveness, adaptability, and social reach. The experiences, successes, and challenges faced by the Young Leaders during WP3 will be the final step in refining and perfecting the educational program for future adoption across other sports disciplines. The commitment of the partner organizations and the dedication of the young participants are essential to ensure that the ethos of Judo—Maximum Efficiency, Mutual Welfare and Benefit—is successfully translated into long-lasting pro-health and pro-social change throughout Europe. The tools are ready; the action begins now.



# PRO-HEALTH ACTIONS

## DIET, PHYSICAL ACTIVITY AND STRESS REDUCING METHODS



Co-funded by  
the European Union

