



FORM BEST PRACTICES CONTEST 2017

Municipality: Lidzbark Warmiński

Country: Poland

Contact person Mr./Mrs: Municipality Lidzbark Warmiński

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Name project

Lidzbark Warmiński without posture defects

Category Certification Criteria: mark the category of your project

- Energy and environmental policies (politiche energetiche e ambientali);
- Infrastructure policies (politiche infrastrutturali);
- Quality of urban life policies (politiche per la qualita' urbana);
- Agricultural, touristic and artisan policies (politiche agricole, turistiche, artigianali);
- Policies for hospitality, awareness and training (politiche per l'ospitalita, la consapevolezza e la formazione);
- Social cohesion (coesione sociale).

Summary project

Many of children and teenagers in Poland has got problems with right body posture and Lidzbark Warmiński decided to solve this problem among citizens. Causes of this problems are uncomfortable sitting position, sedentary lifestyle, too heavy school bags, overweight, low physical activity and not enough hours of physical education. Ideas for a solution to this problem are simply, firstly we organized many meets with parents, teacher and doctors to told them about our idea, to demonstrate pros and cons of treatment body posture defects. Parents are very important in early life of the children and they decision has an impact on children later life. Project was started in January 2017 and promotion of this idea is conducted to May 2017. From September to December 2017 all children and teenagers will be test for posture defects. In this time all data will be analyzed and summarized. When we will know the results we prepare solution. We plan start exercises in 2018 and in the end we test all children one more time to get a data after program. Our project is pilot program in Poland and Minister of Sport and Tourism is interested in our project. He want to take a patronage on our project.

Goal project

1. Find posture defects and correction them.
2. Posture defection prevention.
3. Enhance physical activity of children and teenagers.
4. Promoting healthy lifestyle.

Result project

The biggest effects of our project are increase in proportion between right and wrong body posture. Evidently better quality of life, new healthy lifestyle, health promotion. More and more children loved sport and exercise.



Finance (costs and benefits)

All cost was covered by Municipal Office in Lidzbark Warmiński.

Staff (staff involved and use of time)

Jaremi Sciepurko PhD/MD/D.Sc.

Jacek Wiśniowski - Mayor of the Lidzbark Warmiński

Members of team for program "Lidzbark Warmiński bez wad postawy" implementation.

Additional information (if necessarily)











Link website <https://www.facebook.com/Lidzbarkwarminskibezwad/>
(if available)

Once filled in this form please send it to: info@cittaslow.net
- Participation Deadline 10 April 2017 -