

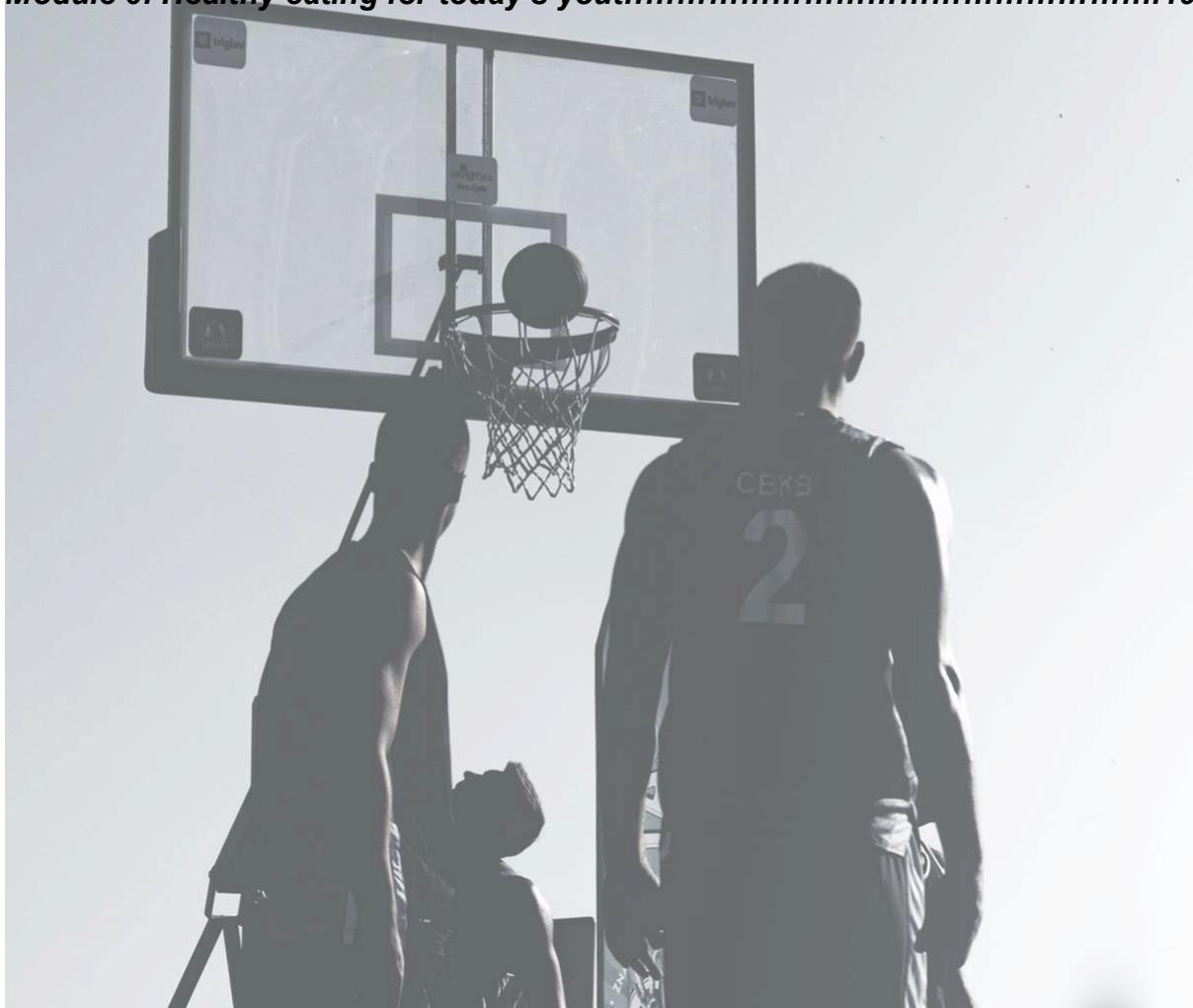
# UNI HEALTHPILOT TRAININGS

Module challenges



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# The issue

Exercise has many benefits for the body, both for the prevention of certain conditions and for treatment. Even minimal physical activity has a positive impact on the body.

According to numerous studies conducted, the best thing a person can do for their health is to exercise. Regular physical activity has been linked to over 40 chronic diseases.

Here are some of the most important benefits of regular sport and exercise:

1. Improves the work of the cardiovascular system. Regular exercise is a good friend of the heart. Some of the positives for the cardiovascular system include:

- Improving cholesterol levels;
- reducing blood pressure values;
- reduces the risk of heart attack and coronary heart disease;
- reduces the risk of stroke.

2. Improves control of diabetes mellitus. According to the American Diabetes Association, different types of exercise and physical activity positively affect people with or at risk for diabetes mellitus by:

- Improving blood sugar control;
- reducing cardiovascular risk;
- reducing weight;
- improving self-esteem;
- delay/prevent the development of diabetes mellitus.

3. Sport improves mood and mental health. Regular physical activity reduces tension and depression even with moderate physical activity.

4. Sport improves bone health. Physical activity reduces the risk of osteoporosis in postmenopausal women as it does in men as they age. Moderate physical activity with aerobic and anaerobic exercise has a positive effect even at 90 minutes per week. Activities such as walking and dancing also have a good effect.

5. Promotes good musculature. Healthy musculature is important for everyone especially as you get older, as this reduces the risk of falls and broken bones.

6. Increases the chance of a longer life. Even with moderate physical activity as it is most noticeable in people who have not exercised before and start doing so.

7. Helps maintain weight. Helps maintain weight as this sometimes requires more exercise than the minimum recommended. In addition, a good balanced diet is also needed to maintain optimal body weight.

8. Sports acts as a pain reliever. It has a positive effect on chronic pain.

9. Sports improve sleep. Regular physical activity improves sleep efficiency, sleep quality, reduces daytime fatigue, and reduces the need to use sleep medications.

10. Sports improve the function of the nervous system and reduce the risk of dementia. Regular physical activity accompanied by diet and mental work helps to maintain a good state of the nervous system in adults.

## The challenge

A healthy lifestyle is a predictor of fewer illnesses, more fitness and habits, more fitness and daily exercise. more energy. What are the best tips for a healthier lifestyle?

1. **8 glasses of water a day.** Water is the best detoxifier for the body, it cleans the stomach and the liver, which also relieves tension in the rest of the body; It gives energy to the brain and cleans it, which also gives it to the muscles, as we well know. It is good that we try to drink at least 8 large glasses of water a day, about 3 liters is a good amount, which will keep our skin firm and fresh, in a young way.
2. **"An apple a day keeps the medicine away!"** Strong thoughts, such as this one, are among the most reliable and applicable. Apples are defined as super fruits, but at the same time they are very expensive. It is an incredible source of fiber and pectin, which is useful for a slim waist and heart - what more can we ask for from this small and useful fruit?
3. **Get as much calcium as possible.** The calcium contained in milk and milk products is extremely important for the good health of teeth and gums. Having healthy teeth and gums is a prerequisite for a healthy and active life.
4. **Be active.** And being active doesn't just mean playing sports.
5. **Walk.** Yes, this is a day that means being active, as well as a good cardio activity. Walking as much as possible can transform our entire daily life. It definitely makes us stronger, because it trains the heart, brightens thoughts and makes us more compatible towards stress.
6. **Sleep well.** Sleep is a gap for the organism to rest and for its regeneration. When we rest rhythmically, following the so-called circadian rhythm, we will always be stronger, more focused and more alert.

## The settings

Getting in shape quickly, easily and efficiently is a goal that many pursue, but few achieve. The first step to getting in shape is realizing the need for change and setting specific, measurable goals. It's important to know exactly what "top shape" means to you. For some, this could be reducing body fat, for others, increasing muscle mass, or simply improving overall endurance.

One of the most effective ways to achieve fast results is to combine a proper nutritional strategy with a well-structured training program. Nutrition plays a central role in this process, as it provides the necessary fuel for training and recovery. The diet should be balanced, rich in protein, complex carbohydrates, healthy fats and a variety of vitamins and minerals. It is important to avoid empty calories, sugar and processed foods, which can undermine our efforts.

When it comes to training, the right approach requires a combination of strength training and cardio. Strength training helps build muscle mass and increase metabolism, while cardio is key to burning fat and improving cardiovascular health. By properly combining these two types of exercise, we can achieve optimal results in a short time.

Furthermore, the role of recovery should not be underestimated. Supplementation with nutritional supplements, good sleep, hydration and relaxation time are essential for achieving the best results. Overtraining without sufficient nutrients from food and supplements, and recovery time can lead to exhaustion, injuries and a drop in motivation. To avoid this, it is important to listen to your body and prioritize quality sleep and rest.

Last but not least, motivation and mental attitude are critical to success. Staying motivated during the journey to peak fitness is a challenge, especially when results don't come immediately. One strategy is to set milestones and celebrate small victories along the way. Also, finding support – whether through friends, family, or a coach – can be crucial to maintaining high spirits and perseverance.

To achieve the desired results, it is important to follow a comprehensive and structured plan that includes a personalized diet, an individually adapted training regimen, and a well-chosen set of nutritional supplements tailored to the individual's needs and goals. At the same time, consultation with professionals in the field of nutrition and training can be crucial for the successful implementation of this plan and for maintaining the achieved results over time.

# Module 1: Designing proper environment

Focus on **social and emotional needs**, positive impact on physical health, future participation in sports, improved performance.

Ø Create a positive sports experience

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Ø Create an emotionally safe environment.

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Ø Create a high level of motivation and commitment

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Physical activity (description	Developing context-based knowledge (lectures+seminars)
<p>The lecture can cover basic principles of physical health: physiological and psychological aspects of health, the effects of regular physical activity on the body and psyche.</p> <ul style="list-style-type: none"> <li>- The workshop can discuss different types of physical activity (cardio, strength training, stretching) and their role in maintaining health, especially for people with limitations.</li> </ul> <p>It is worth paying important attention to the adaptation of physical activities for people with different diseases or impairments (e.g. musculoskeletal disorders, cardiovascular disease).</p> <ul style="list-style-type: none"> <li>- Classes and training.</li> <li>- Monitoring student well-being.</li> </ul> <p>Evaluation and analysis</p>	<p><b><i>Theme 1: Foundations of physical health and well-being</i></b></p>

<p>The lecture will focus on the principles of adapting exercise for people with special health needs, including adaptive exercise for students with various physical limitations.</p> <ul style="list-style-type: none"> <li>- Workshop: discussion of individualized physical activity programs for students with various medical conditions, review of successful adaptive physical education practices.</li> <li>- Classes and training.</li> </ul>	<p><b>Theme 2: Principles of adaptive physical activity</b></p>
<p>The lecture may focus on the role of physical activity in psycho-emotional well-being, reducing stress, depression and anxiety.</p> <ul style="list-style-type: none"> <li>- Workshop: conducting group discussions on how different types of physical activity (e.g., breathing exercises, Chanbara or Wushu) contribute to improving psycho-emotional well-being.</li> <li>- Interactive elements for in-depth learning, lessons and training.</li> </ul>	<p><b>Theme 3: The psycho-emotional aspect of physical activity</b></p>
<p>Lecture: Theory of Wushu Oriental Gymnastics and its adaptations for students with special needs. Include a description of the movements, health benefits and safety techniques.</p>	<p><b>Topic 4: Oriental gymnastics and fitness programs for students with special needs.</b> Workshop: case studies of successful Oriental gymnastics programs for different groups of people with special health needs. Discussion of case studies, classes and workouts</p>
<p>The lecture may cover the basics of breathing practices (Qigong, yoga, breathing according to the Strelnikova method, Marina Korpman) and their effects on the body.</p> <ul style="list-style-type: none"> <li>- Workshop: a breakdown of how to properly integrate breathing exercises into the daily life of students with special needs and how to adapt them according to specific diseases.</li> <li>- Practical application of knowledge through classes and drills.</li> </ul>	<p><b>Topic 5: Breathing practices and their role in wellness</b></p>

<p>A lecture on how to motivate students with special health needs by creating an emotionally safe and supportive environment for them.</p> <p>A workshop discussing techniques for keeping students highly motivated, including the use of positive examples, achievements, and personalized goals.</p> <p>Practical part: conducting a training session with a focus on supporting motivation, e.g. through the use of game elements or sporting competition (e.g. through mass sporting events in Chanbar).</p>	<p><b><i>Theme 6: Motivation and commitment to physical activity</i></b></p>
<p>Lecture on the physiology and possible risks for students with special health needs when engaging in physical activity.</p> <ul style="list-style-type: none"> <li>- A workshop discussing basic safety principles in exercise such as warming up, cooling down and proper exercise technique. Students can share their experiences on what injury prevention methods they use.</li> <li>- Monitoring student well-being.</li> </ul> <p>Evaluation and analysis</p>	<p><b><i>Topic 7: Safety and injury prevention in physical activity</i></b></p>
<p>Lecture on how to properly assess the physical condition of students, how to adapt the load depending on the state of health, as well as how to monitor progress and adjust the program.</p> <ul style="list-style-type: none"> <li>- A workshop where students can discuss examples from personal experience and dissect common mistakes in adapting a physical activity program for students with special health needs.</li> <li>- Monitoring student well-being.</li> </ul> <p>Evaluation and analysis</p>	<p><b><i>Topic 8: Evaluating and adjusting a physical activity program for students with special needs</i></b></p>
<p><b>Conclusion of module 1:</b></p>	
<p>The program of lectures and seminars should combine theoretical knowledge and practical skills aimed at creating and maintaining a healthy physical environment for students with special needs. This approach helps to deepen knowledge and promotes its application in practice to improve the physical and psycho-emotional health of students.</p>	

## Module 2: Personal motivation for healthy lifestyle

Physical activity, including regular sporting activity and exercise, can be seen as a prerequisite for a **healthy lifestyle**.

Ø Create a health-enhancing physical activity regime

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Ø Describe healthy lifestyle core elements

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Ø Create a high level of motivation and commitment

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### Module Objective 2:

To develop students' awareness of the importance of physical activity as an integral part of a healthy lifestyle, to create motivation for regular sports and exercise, and to learn how to create personal activity regimes to maintain health.

Physical activity (description	Developing context-based knowledge (lectures+seminars)
<p>For students with special health needs, it is important to develop regimes that take into account physical limitations, support the cardiovascular system and improve psycho-emotional well-being. It is important to avoid overloading and to choose activities that do not cause pain and do not put undue strain on the joints and cardiovascular system.</p> <p>Low-intensity cardio exercise. Light walking, swimming, and water aerobics are great options for people with cardiovascular problems and limitations in mobility. These activities increase endurance and strengthen the heart and lungs without putting a lot of strain on the joints.</p> <p><i>Flexibility and Stretching.</i> Stretching programs with wushu oriental gymnastics, focusing on soft, flowing</p>	<p><b>1. Creation of a physical activity regimen that promotes health promotion, taking into account the health characteristics of students</b></p>

movements, will help improve flexibility, reduce muscle and joint pain, and reduce anxiety and stress levels. It is important that the classes are supervised by an instructor who will be able to adapt the exercises to the students' physical limitations.

*Breathing practices.* Breathing exercises (for example, Marina Korpman's or Strelnikova's method or Qigong breathing) can significantly reduce anxiety and stress levels, as well as improve blood circulation and normalize blood pressure. Such practices are not only good for the heart, but also help harmonize the psycho-emotional state.

*Strength training with a minimal load*

Exercises using your own body weight or light exercise equipment such as expanders and balls can help strengthen muscles without putting undue strain on your joints and heart. These workouts help improve fitness and musculoskeletal stability.

Example of a regimen for students with special needs:

- Light cardio workout + breathing exercises.
- Wushu, a yoga program with a focus on gentle stretches and body strengthening.
- Strength training with light expanders or self-weight exercises + relaxing breathing exercises.

- A healthy lifestyle for students with special health needs includes several important aspects that contribute to maintaining their physical and psycho-emotional well-being:

**2. essential elements of a healthy lifestyle for students with special health needs**

- Regular physical activity, taking into account the state of health. Use of adaptive exercises that aim to strengthen the heart, joints and muscles, taking into account individual limitations.
- Psycho-emotional wellbeing. It is important to maintain emotional health through relaxation practices, reducing anxiety and stress levels, which will help to reduce the risk of exacerbation of diseases in the future.
- Proper nutrition that takes into account the specifics of health. A balanced diet that maintains normal blood sugar levels, optimal cholesterol levels and strengthens the immune system. You may need to consult with a dietitian to develop an individualized nutrition program.
- Sleep quality. Adequate and regular sleep (7-9 hours) helps to restore the body and maintain normal energy levels, which is especially important for people with chronic illnesses.
- Disease prevention. Regular medical examinations, if necessary - physiotherapy, supportive procedures to prevent disease exacerbations and maintain optimal functionality of the body

- For students with special health needs, motivation should be focused on their successful achievement, avoiding overload and unnecessary stress. It is important to create a supportive environment where each student can feel successful and confident in their abilities.
- *Setting achievable goals.*
- Goals should be realistic and tailored to the physical capabilities of the students. For example, the goal may be to increase the length of walks or improve flexibility rather than the intensity of exercise.

### **3. Creating a high level of motivation and commitment to a healthy lifestyle**

- Educational seminars and practices. Regular lectures and workshops that communicate how physical activity and healthy lifestyles affect overall health and wellness can be a good motivator for students. It is important to allow students to feel valued and understand how their efforts contribute to improving their health

<ul style="list-style-type: none"> <li>- <i>Support and engagement.</i> Creating a friendly and supportive environment is important. Motivation can be maintained through group activities, participation in social events such as going for walks together or playing light sports.</li> <li>- <i>Positive Supports and Progress.</i> Celebrating even the smallest successes (e.g., increasing walking time or improving flexibility scores) helps keep you interested and motivated to exercise.</li> <li>- Using psychological techniques to reduce anxiety. Incorporating relaxation and meditation techniques helps to reduce stress and anxiety levels, which is especially important for students with emotional disorders.</li> <li>- Educational seminars and practices. Regular lectures and workshops that talk about how physical activity and healthy lifestyles affect overall health and wellness can be a good motivator for students. It is important to allow students to feel valued and understand how their efforts contribute to their health.</li> </ul>	
<p><b>Conclusion Module 2:</b></p>	
<p>For students with special health needs, it is important to create a physical activity regimen that will not overload their bodies, but will promote better health and reduce stress. Motivation for a healthy lifestyle should be tailored to the individual, avoiding excessive exertion and focusing on gradual progress. It is important to create a supportive environment where each student can find suitable methods and activities that will allow them to maintain physical and psycho-emotional health.</p>	

## Module 3: UNI HEALTH healthy lifestyle replication

How to **accelerate UNI HEALTH healthy lifestyle** approach within the local environment?

Replicating the UNI HEALTH approach to healthy lifestyles in the local environment means disseminating and introducing healthy lifestyle methods and practices developed through the UNI HEALTH program into the wider community or educational setting. In the context of working with students with special health needs, it involves creating sustainable and accessible mechanisms to help students maintain and improve their health in a way that is tailored to their specific needs.

Ø Create a tailor-made training programmes

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Ø Create mentorship programmes

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Ø Create a high level of motivation and commitment

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### Module Objective 3:

Develop strategies to disseminate the UNI HEALTH approach to healthy lifestyles in the local community, taking into account the characteristics of students with special health needs. Includes the creation of individualized training, coaching and motivation programs that will help build sustainable habits and commitment to a healthy lifestyle.

Physical activity (description)	Developing context-based knowledge (lectures+seminars)
<p>Individualized education programs are a key element to ensure successful implementation of healthy lifestyles among students with special needs.</p> <p>Each program should be tailored to meet the unique physical and emotional needs of students.</p> <p><i>Steps to create customized programs:</i></p> <ul style="list-style-type: none"> <li>- Assessment of students' needs. At the initial stage it is important to conduct diagnosis/monitoring of students' health</li> </ul>	<p><b>1. Creation of individual training programs</b></p> <p>Example of an individualized program:            Goal: Strengthen the cardiovascular system and reduce anxiety.            Program:            Breathing exercises + light walking.            Wushu Oriental gymnastics for beginners (25 minutes) + meditation (10 minutes).</p>

<p>status, including assessment of functional, physical abilities and psycho-emotional state.</p>	
<ul style="list-style-type: none"> <li>- Goal Setting. Formulate specific goals focused on improving physical health and psycho-emotional well-being. Goals can be either short-term (e.g., walking for 15 minutes every day) or long-term (e.g., improving flexibility or reducing anxiety).</li> <li>- Adaptation of activities. Incorporating a variety of activities such as breathing exercises, wushu, yoga, light cardio exercises (swimming, walking), taking into account students' health limitations. These activities will help maintain cardiovascular health, improve flexibility, and reduce stress.</li> <li>- Regular adjustments. Because students with special health needs may face a variety of physical or emotional barriers, programs should be adapted regularly by changing exercise intensity or approaches to prevent overload.</li> </ul>	<p>Cardio + stretching. A walk in the fresh air.</p>
<ul style="list-style-type: none"> <li>- Mentoring programs play an important role in keeping students motivated, especially in the context of students with special health needs. Mentors can lead by example, support students on their journey towards a healthy lifestyle and help overcome barriers they may face.</li> </ul> <p><b>Steps for establishing mentoring programs:</b></p> <ul style="list-style-type: none"> <li>- Selection of mentors. Mentors can be more experienced students or coaches with experience working with people with special health needs. It is important that mentors have communication and emotional support skills.</li> <li>- Training of mentors. Mentors should be trained in the basics of psycho-emotional support, the specifics of working with various</li> </ul>	<p><b>2. Establishment of mentoring programs</b></p> <p>Periodic meetings: discuss achievements, problem-solving, encouragement to continue. The mentor can give advice on improving flexibility or endurance and discuss how to manage anxiety using breathing practices or meditation.</p>

<p>illnesses and disabilities, and techniques for dealing with student anxiety. This training will allow mentors to be more sensitive and competent in working with the group.</p> <ul style="list-style-type: none"> <li>- Regular meetings and counseling. Mentors should meet regularly with mentees to assess their progress, discuss problems and adjust programs. These meetings can include both practical exercises and psychological counseling to overcome doubts and anxiety.</li> <li>- Group support. An important point is to create an environment where students can exchange experiences, share achievements and support each other. Such meetings can be conducted by both mentors and other students, creating an atmosphere of trust and mutual support.</li> <li>- An example of a mentoring program: The mentor helps the student with special needs to develop an individualized program for physical activity and psychological support.</li> </ul>	
<ul style="list-style-type: none"> <li>- For students with special health needs, motivation is a key factor in maintaining a healthy lifestyle. Given their specific needs, the approach to motivation should be personalized, gentle, with a focus on positive change and gradual progress. Steps to create motivation and commitment:</li> <li>- Personalized approach. Motivation should take into account both physical and psycho-emotional state of students. It is important to set realistic goals, taking into account possible limitations, and to support students on the way to achieve them.</li> <li>- Positive reinforcement. Small accomplishments, such as increased walking time or improved flexibility,</li> </ul>	<p><b>3. Creating a high level of motivation and commitment, taking into account an individualized approach</b></p>

should be celebrated. Positive reinforcement will help students feel successful and motivated to continue exercising.

- Creating a sense of progress. It is important to track students' progress regularly using graphs, diaries or monitoring apps so that they can see the real results of their work. This strengthens motivation and provides a sense of success.
- Group support. Group activities and events, such as going for walks together or playing sports, can significantly increase motivation. It is important to create an atmosphere of mutual support and inspiration in the group.
- Teaching autonomy. Students' motivation will be sustainable if they learn to plan and organize their classes themselves

The goal is to teach students how to develop and follow personalized workout plans while taking into account their physical and emotional - capabilities. Condition Monitoring.

An example of a motivation strategy:  
 Goal for personalized exercise: A student with cardiovascular problems should start with daily light walks, gradually increasing the time.

- Motivational Elements:
- Positive encouragement for each workout completed.
- Keeping a diary to track progress.
- Regular meetings with the mentor to discuss successes and adjust goals.

**Conclusion Module 3:**

Replicating the UNI HEALTH approach to healthy lifestyles in the local environment requires a comprehensive approach that includes the creation of individualized training programs, the development of mentoring and the use of motivational methods adapted to the characteristics of students with special health needs. This approach will help to increase commitment to a healthy lifestyle and guarantee sustainable results in the long term

# Module 4: Stress Management

Ø Create a tailor-made training programmes

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Ø Create mentorship programmes

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Ø Create a high level of motivation and commitment

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Physical activity (description	Development of context-based knowledge (Lectures+seminars)
Theoretical approaches to understanding stress. Phases of stress response. Types of stress: eustress, distress. Causes and symptoms of stress. Consequences of stress.	Resisting negative external influences. 4 hours
Changes in behavioral reactions under stress. Changes in intellectual processes under stress Changes in physiological processes under stress Emotional manifestations of stress Introspection of stress.	Features of stress manifestation and ways to identify them. 4 hours
Proactivity as a person's ability to independently initiate actions and events, implement them creatively and take responsibility for them. Positive aspects of proactivity: psycho-emotional health, organization of comfortable conditions, timely use of opportunities, etc. Proactivity and reactivity. Development of proactivity.	Personal proactivity and techniques for adopting new behavioral habits. 4 hours

# Module 5: Optimal use of the body's internal resources

Ø Create a tailor-made training programmes

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Ø Create mentorship programmes

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Ø Create a high level of motivation and commitment

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Physical activity (description	Development of context-based knowledge (Lectures+seminars)
Internal resources as a system of interconnected structures (emotional, motivational, behavioral, etc.) that help a person be resistant to stress. Reasons for resource reduction. Signs of resource depletion. Methods of resource activation.	Our internal resources. 4 hours
Physiological tools meeting the body's needs in a stressful situation. Pharmacotherapy aimed at correcting the physiological nature of the stress reaction. Muscle relaxation techniques. Psychological tools stress management.	Tools for overcoming the negative consequences caused by stressful situations. 4 hours

# Module 6: Healthy eating for today's youth

Create a tailor-made training programmes

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Ø Create mentorship programmes

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Ø Create a high level of motivation and commitment

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Physical activity (description]	Development of context-based knowledge (Lectures+seminars)
<p>The food pyramid. Dietary diversity: all food groups should be present in your table. The glycemic index is a measure of how quickly a food is broken down in the body and converted into glucose. is broken down in the body and converted into glucose. A pyramid of low and high glycemic index foods.</p>	<p>1. Proper nutrition based on the food pyramid. Glycemic index. 4 hours</p>
<p>The secrets of merchandising. Product placement as a gimmick. Watch out for spontaneous purchases. How to read the label? Eco-friendly packaging. 10 rules for the savvy shopper. Choosing groceries.</p>	<p>2. Choosing the right foods from the modern supermarket. 4 hours</p>
<p>About fats, proteins and carbohydrates, as well as fiber, fructose, trans fats and GMOs. The basis of a healthy diet is the right ratio of proteins, fats and carbohydrates. Food Shelf Life.</p>	<p>3. Balanced menus, nutritional value and food lists. 4 hours</p>

