

YOUTH AND WELLNESS:



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Did you play sport during your childhood?



- Filip: He used to play basket when he was younger but now he doesn't practice sport
- Kristina: She practices fitboxe five times a week.
- Leo: He practiced Judo when he was younger and now he likes to go to the gym.
- Marjia: She likes dance and practices zumba.
- Mice: He plays football
- Sara: she doesn't play sports but she likes go for an hike
- Emir: He likes to play golf

Is your relationship with food changed during this pandemic period?



- Most of the local youth answered that the pandemic changed their relationship with an healthy lifestyle, because they spent most of their time inside their house, and this made them lazier.



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Why junk food is more popular than healthy food?



- All the local volunteers answered the junk food is more chosen than the healthy food, because nowadays the most of people don't have enough time to cook. Packaged and prepared foods save time.

Do you think social media have an influence in the lifestyle of youngsters?



- The locals volunteers think that social media are very influential in young people's lives: On one side social pushed them to eat well and get active, on the other side, promote them to be too thin just to follow the stereotypes, typical of our society.