



Democritus University of Thrace

Scientifically Responsible
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D.P.E.S.S. - DUTH



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Partners

- University of Bologna, Department of Biomedical and Neuromotor Sciences, ITALY (LEADER)
- UISP (Unione Italiana Sport Per Tutti), Bologna, ITALY
- Radio Capodistria, SLOVENIA
- Športna Unija Slovenije, SLOVENIA
- Association Sport for All Suceava (AJSPT Suceava), ROMANIA
- University of La Rioja, Logrono, SPAIN
- Democritus University of Thrace, Department of Physical Education and Sport Science (D.P.E.S.S.), GREECE

Information - Pre-registration:

Laboratory of Physical Education and Sports

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Exercise for diabetes:
BEneficial effect of **NEW** educational and
physical activity programs (**BE-NEW**)

Do you have type 2 diabetes?
You can control your blood sugar naturally



**Join us at the Department of Physical
Education & Sports Science**

- ✓ to improve health
- ✓ for more effective glycemic control
- ✓ for personalized exercise programs





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Do you know that:

- ✓ **1 in 11 adults has diabetes (2020)**, while 1 in 10 is expected to have diabetes (2040)
- ✓ **about 87% -91%** of all people with diabetes have type 2 diabetes (**T2D**)
- ✓ **1 in 2 adults** with diabetes remains **undiagnosed** (International Diabetes Federation - IDF)

The main purpose of the BeNew program is to enhance and promote the health of the local population through increased participation and equal access to intervention training programs

Don't forget:

DIABETES is one of the leading causes of morbidity and mortality... for this reason:

- talk to your doctor...
- find out about the training programs of D.P.E.S.S...
- and contact us because...
.... systematic **EXERCISE** is "**MEDICINE**"

You can improve the personalized exercise programs of D.P.E.S.S.

- ✓ metabolic and biochemical indexes
- ✓ physical condition (cardiorespiratory, muscular capacity)
- ✓ quality of life (QoL) based on the recommendations of the World Health Organization (WHO)



**Exercise program start:
February 1, 2022**



Free participation