



## METADATA

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### Abstract

This book deals with work sports programs aimed at employees to increase physical activity and ultimately promote health. It analyzes ways and practices that can motivate employees to adopt healthy lifestyles, such as active commuting to and from work, increasing physical activity in free time, and improving eating habits. Such changes can bring about significant changes in the quality of life, increase life expectancy, and reduce costs of hospitalization and rehabilitation of injuries related to a sedentary lifestyle. At the same time, a lifelong change in the above habits can also motivate the children of workers to increase their physical activity, which many studies show is imperative. At the same time as the type of programs analyzed in the book, detailed reference is made to how they are implemented and applied in the work environment and outside it, as well as the tools for evaluating and redefining the programs' goals. Typical examples of intervention are given for each type of work, with the particularities it presents, and the appropriate exercise program for these population groups is proposed each time. Also, all the tools that a health and exercise specialist can use are presented in detail, as well as several

good practices that can increase employees' participation in similar workplace actions. The students will acquire the appropriate knowledge to be able to propose each time both the personalized exercise program and to implement the necessary interventions to reduce the risk of injuries. It also elaborates on how modern cities can become more resident and visitor-friendly by making changes to the built environment to encourage active walking or cycling, bringing about changes in lifestyle and quality of life. Adopting lifelong habits such as walking and cycling can dramatically improve citizens' fitness and well-being and reduce the health risks of inactivity. The book presents all the interventions to make cities friendlier, and more pleasant to live in, to serve people and not stress them and make it difficult for them in everyday life. Conceptual elements and characteristics of the built environment that influence people's need for physical activity and living in more sustainable cities are also presented. The spaces that offer the conditions for physical activity are analyzed and the elements that make up the relationship between the built environment and physical activity are presented. The goal is always one. Cit

