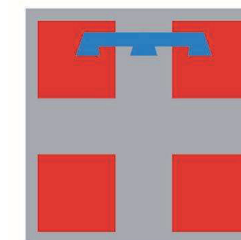




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Let's **FIT** for a healthy life



REGIONE PIEMONTE

# LET'S FIT HEALTHY LIFE!

## THE ROLE OF SPORT IN REGENERATING DEPRIVED AREAS



Transnational meetings



On analyses of local needs in participating countries



Shared guidelines on fitwalking and a guide to its benefits



Palencia Nordic Walking

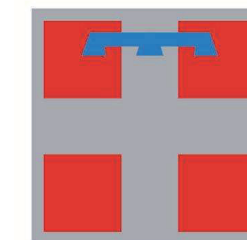




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REGIONE PIEMONTE

# LET'S FIT HEALTHY LIFE!

## THE ROLE OF SPORT IN REGENERATING DEPRIVED AREAS



Palencia Nordic Walking

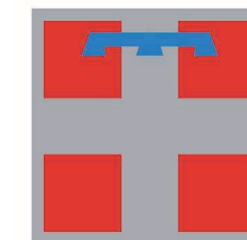




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## THE ROLE OF SPORT IN REGENERATING DEPRIVED AREAS

● Male ● Female



Palencia Nordic Walking

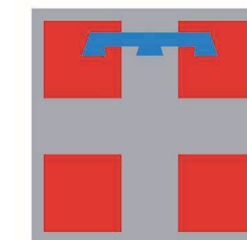




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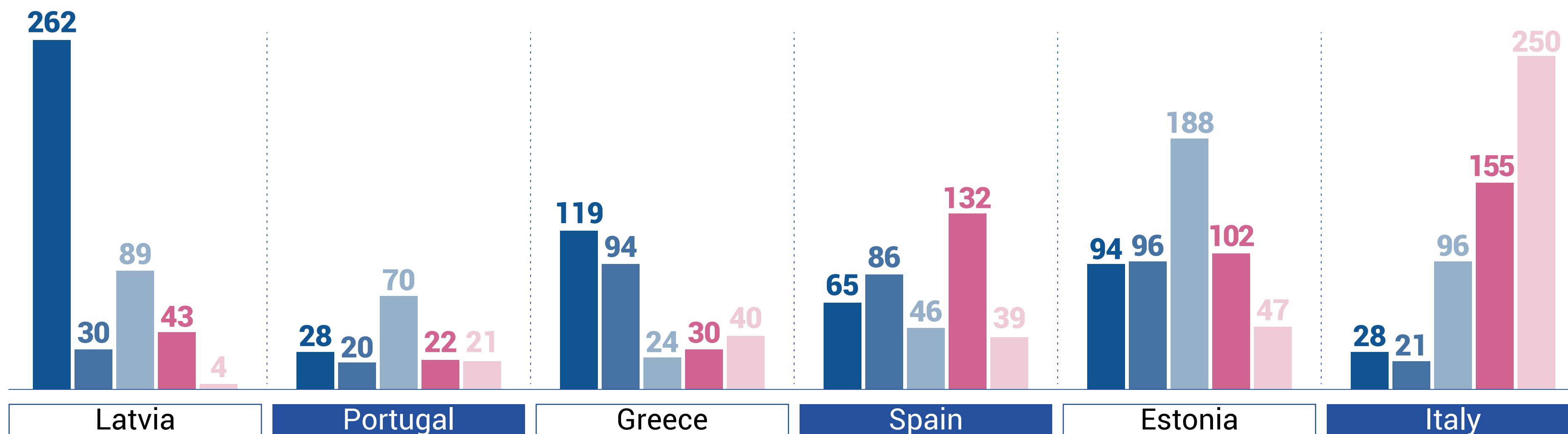


REGIONE PIEMONTE

# LET'S FIT HEALTHY LIFE!

## THE ROLE OF SPORT IN REGENERATING DEPRIVED AREAS

■ Under 18 ■ 19 - 30 ■ 31 - 45 ■ 45 - 60 ■ Over 61



Palencia Nordic Walking

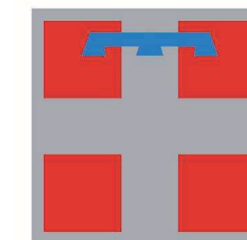




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## THE ROLE OF SPORT IN REGENERATING DEPRIVED AREAS

### COMMUNICATION

OVER 60



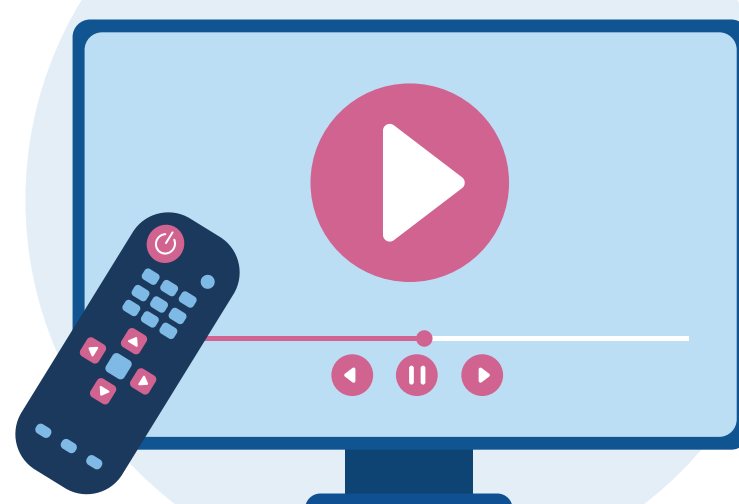
Articles

5



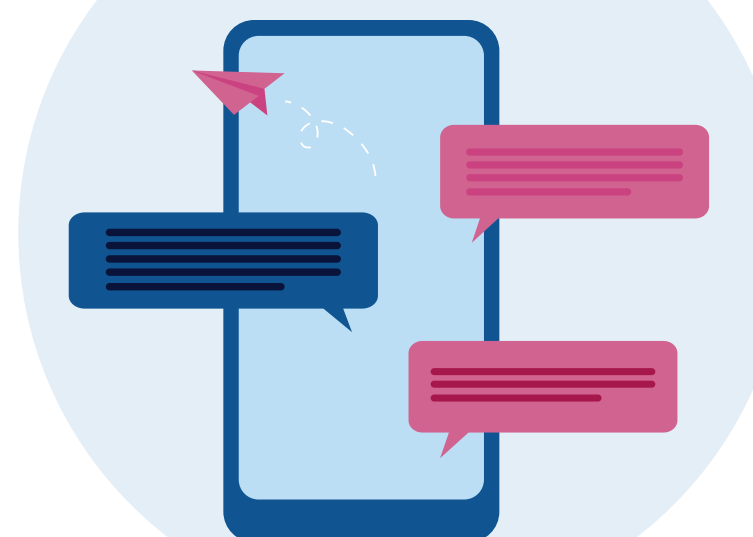
Press conferences

TV STATIONS



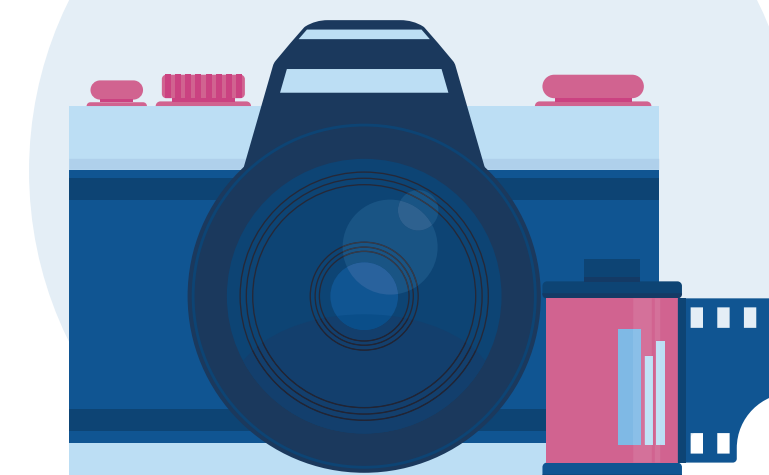
National and local

OVER 10,000



Social network contacts

GALLERY



Video and photo



Palencia Nordic Walking

