

THE ADAPTATION TO A HEALTHIER LIFESTYLE

Vagias Panagiotis
Toliopoulou Melina

Supervisor: Alevizakis Athanasios

The Importance of a Healthy diet

A healthy lifestyle is crucial for anyone who wishes to lead a fulfilling and productive life. To begin with, such a lifestyle usually entails maintaining a balanced diet that consists of the necessary nutrients required to keep the body functioning appropriately. Moreover, individuals who embrace a healthy lifestyle need to engage in regular physical activity, which can help them keep fit and maintain optimal physical well-being.



Tips

- An effective way to make your diet healthier and nutritious is by replacing any processed ingredients in your meals, with fruits, vegetables or any natural ingredient. In need of help, contacting a dietitian could be beneficial to adjusting to a healthier and more balanced diet.





2. Physical Fitness

- Physical fitness refers to an overall condition of wellness and health and, more particularly, the capacity to engage in certain activities related to sports, jobs, and daily living. Physical fitness is often attained by healthy eating, moderate to vigorous exercise, adequate rest, and a formal recovery plan.
-

SPORTS

- Sport is generally recognised as system of activities based in physical athleticism or physical dexterity. Some examples of sports a person can join, in order to achieve a healthier lifestyle are: basketball, football, volleyball, track and field, swimming, rock climbing, yoga, martial arts, wrestling or going to the gym. Another option is doing exercises at home.

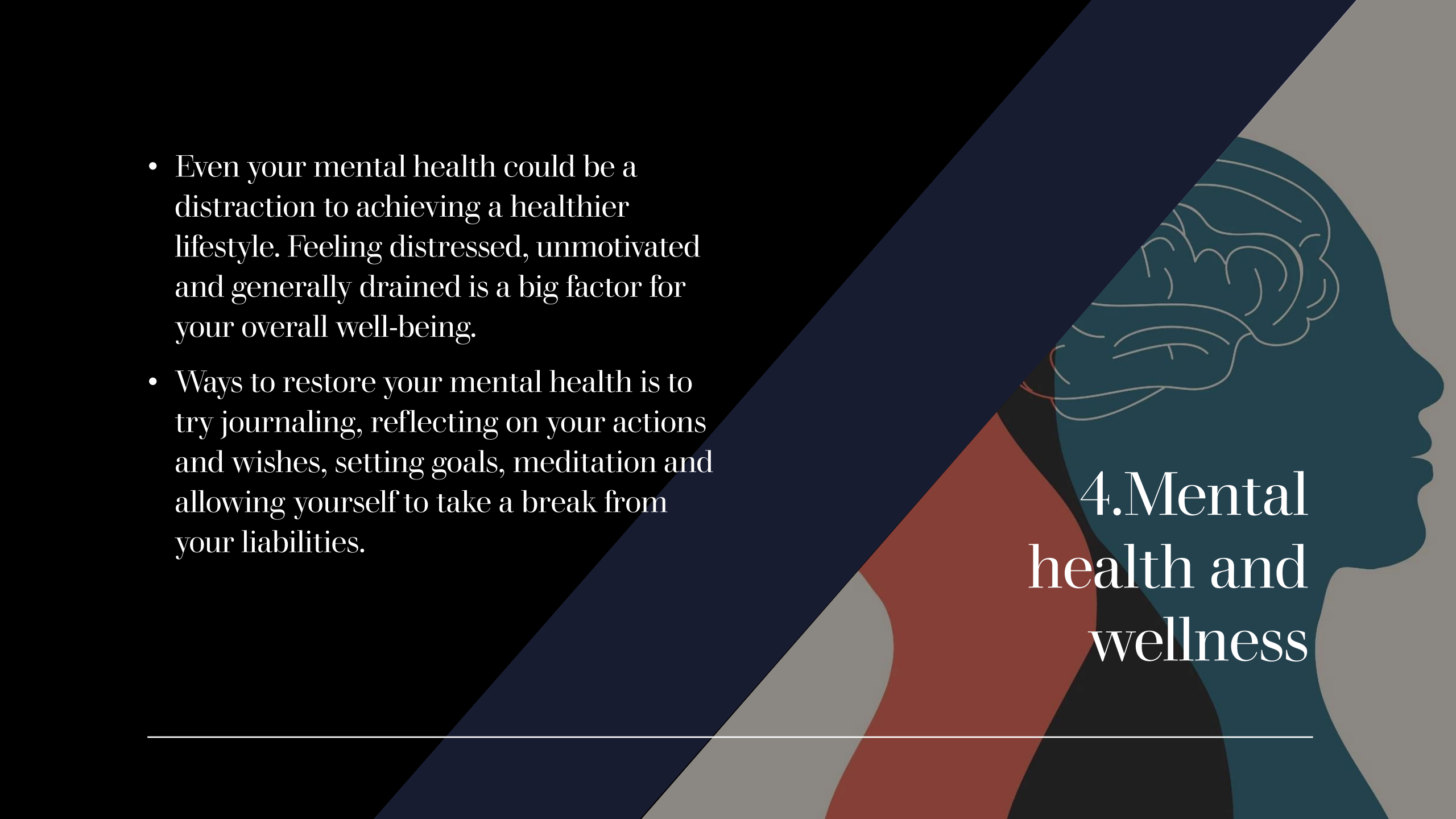




3. Cutting off Bad Habits

- Another aspect of adapting to a healthy lifestyle is to cut from any habits that harm your health and possibly your mental health. Some harmful habits are smoking, drinking, using illegal substances or consuming extensive amounts of caffeine.
-

- Even your mental health could be a distraction to achieving a healthier lifestyle. Feeling distressed, unmotivated and generally drained is a big factor for your overall well-being.
- Ways to restore your mental health is to try journaling, reflecting on your actions and wishes, setting goals, meditation and allowing yourself to take a break from your liabilities.



4. Mental health and wellness

The Video

- https://youtu.be/Cg_GW7yhq20



SOURCES-CREDITS

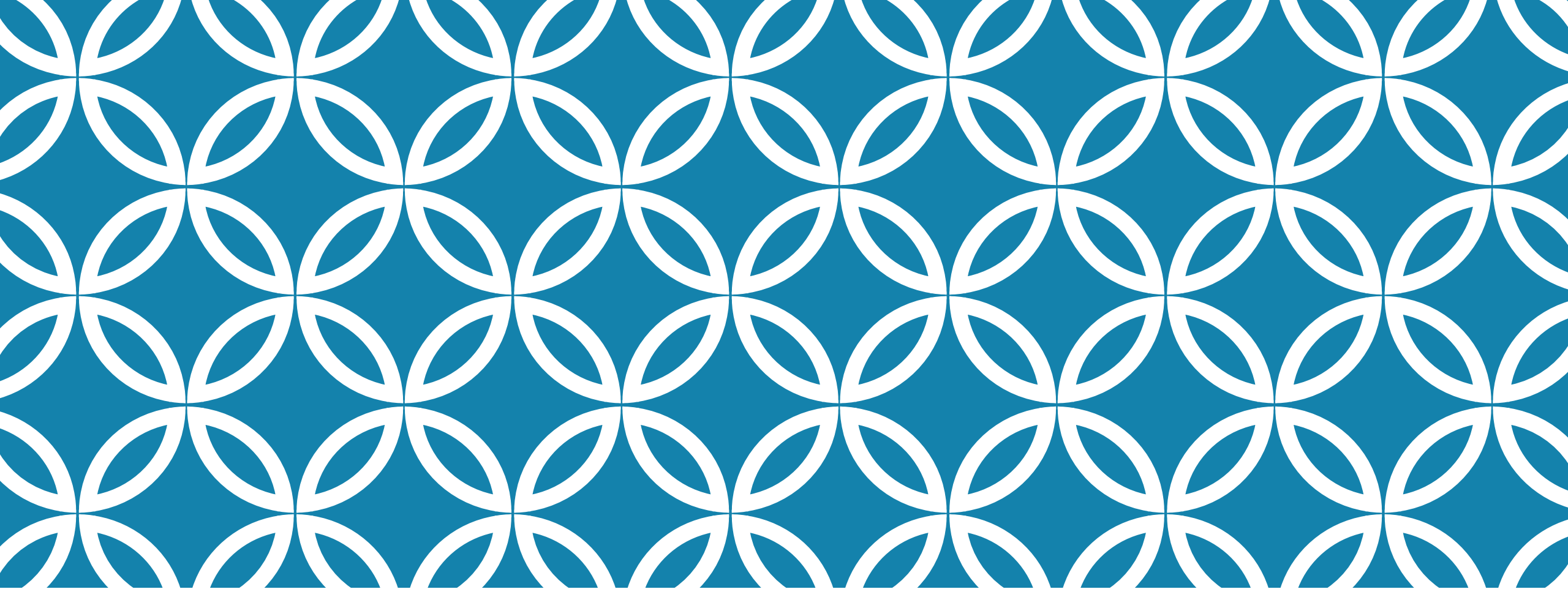
Wikipedia

Google images

[Healthline](#)

[Harvard University Health](#)

Thank You!

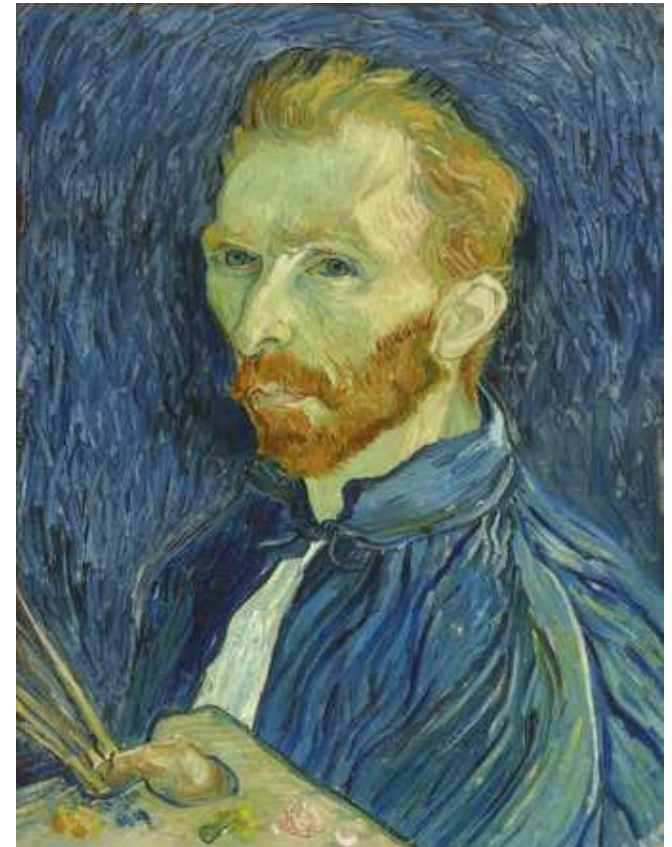


VINCENT VAN GOGH

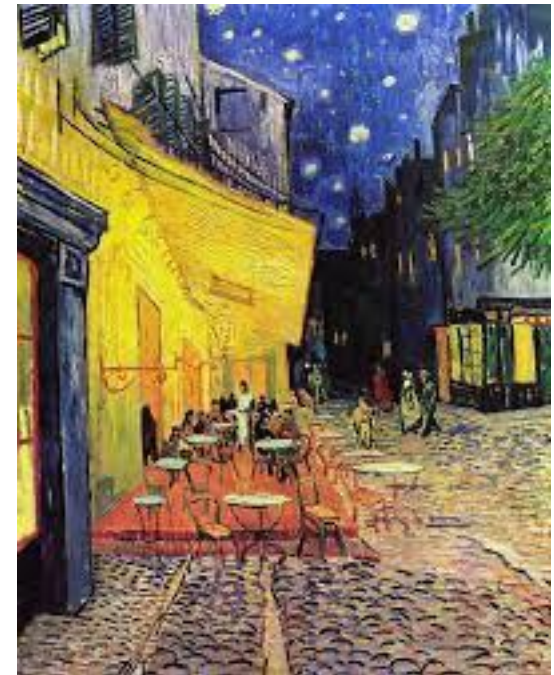
Athina Andriadaki
Supervisor Alevizakis Athanasios

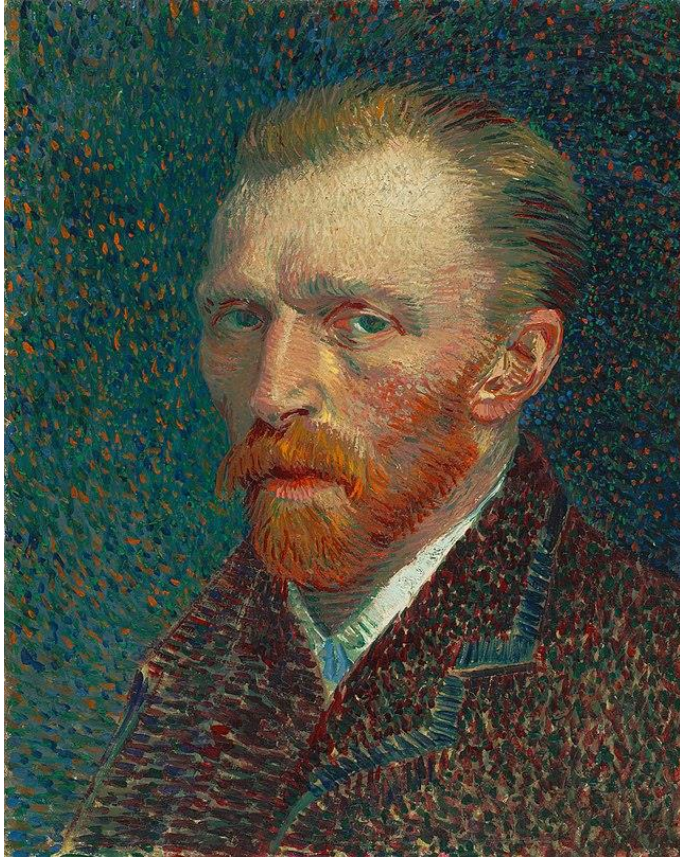
Vincent van Gogh

Vincent van Gogh was a Dutch Post-Impressionist painter who posthumously became one of the most famous and influential figures in Western art history. In a decade, he created about 2,100 artworks, including around 860 oil paintings, most of which date from the last two years of his life. They include landscapes, portraits and self-portraits, and are characterised by bold colours and dramatic, impulsive and expressive brushwork that contributed to the foundations of modern art. Not commercially successful in his career, he struggled with severe depression and poverty, which eventually led to his suicide at age 35



Some of his most famous paintings

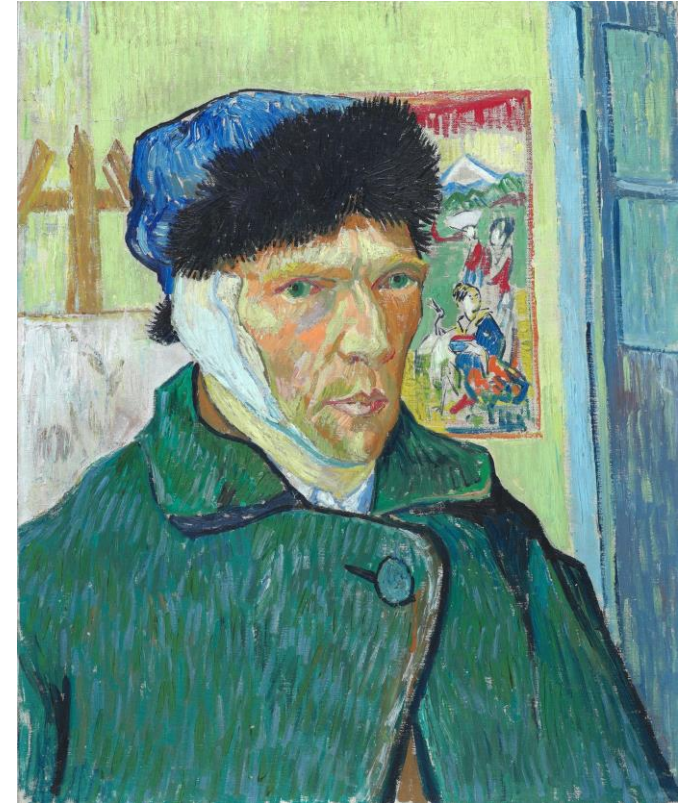




Van Gogh's Illness

- Vincent dreamed of establishing an artists' community at his house in Arles, in the South of France. He invited various artists to join him. Paul Gauguin was ultimately the only artist to take up Vincent's offer.
- Vincent was delighted that Paul Gauguin agreed to travel south. The two artists worked closely together for a while, but their discussions became increasingly heated.
- They had different ideas about art. Tensions rose high. Vincent was worried that Gauguin would leave. His dream of an artists' community would then fall to pieces.

- After a furious row, Vincent got very confused. In a fit of madness, he cut off his ear. He ended up in hospital.
- The ear incident was the result of Vincent's first major mental breakdown. More of these attacks would follow.



Van Gogh's 'Sunflowers'



Vincent wanted to be known as the
painter of sunflowers

- Just like other painters working at the time, Vincent made flower still life's. But he did things a little differently. After practising with different flowers, he chose a specific variety: the sunflower. His fellow painters thought that sunflowers were perhaps somewhat coarse and unrefined. But this is exactly what Vincent liked, and he also enjoyed painting flowers that had gone to seed. He gave sunflowers the lead role in several paintings.
- Vincent knew that his sunflower paintings were special. As did other people. After he died, friends brought sunflowers with them to his funeral. Sunflowers became synonymous with Vincent, just as he had hoped.



Van Gogh's 'Sunflowers'



*Paul Gauguin, Vincent van Gogh Painting
Sunflowers, 1888*

The 'Sunflowers' were meant to symbolise gratitude

Vincent wanted to combine two versions of the Sunflowers with Woman Rocking the Cradle, the portrait that he made as an homage to the comforting mother figure. Together, the paintings were to form a triptych. The two Sunflowers were the 'yellow panels' that would intensify the colours of the portrait. Vincent thought that the triptych as a whole symbolised gratitude.



Short video about his life

<https://www.youtube.com/watch?v=Zy3K2Lcw7hQ>

Bibliography

- <https://www.vangoghmuseum.nl/en/art-and-stories/stories/all-stories/5-things-you-need-to-know-about-van-goghs-sunflowers>
- https://en.wikipedia.org/wiki/Vincent_van_Gogh
- <https://www.youtube.com/watch?v=Zy3K2Lcw7hQ>

Thank you for your attention

The background of the slide is a light teal color. On the left side, there is a partial view of a desk setup. It includes a silver laptop with a black keyboard, a white coffee cup with a red handle, a dark brown leather notebook, and a pair of glasses with tortoiseshell frames.

Remote working

KYRIAKOPOULOS KYRIAKOS

KYRIAKOPOYLOS GEORGE

2022-2023

General information for remote working

Remote working starts in 2020. As covid-19 came to our lives and we could not go to our works we were forced to work by our homes, because we were really worry about this new sick. Although that way of working was looking good it had a lot of disadvantages.

Disadvantages

First of all lets take a closer look to the disadvantages.

- Internet connection problems
- Distractive things on the house
- Cybersecurity concerns
- Isolation



Advantages

Now lets take a look at the advantages that remote working has.

- Flexibility
- Cost savings
- reduced absenteeism and decreased turnover
- Sleeping more
- More communication



Our opinion

After discussing together we conclude that remote working was a really difficult way of working and the best solution is to work from our office.



Video

- <https://www.youtube.com/watch?v=CPMX6XrckbU>

Bibliography

<https://www.techtarget.com/whatis/feature/15-advantages-and-disadvantages-of-remote-work>

+

Our mind



Thank you for your attention

ANIMAL ABILITIES

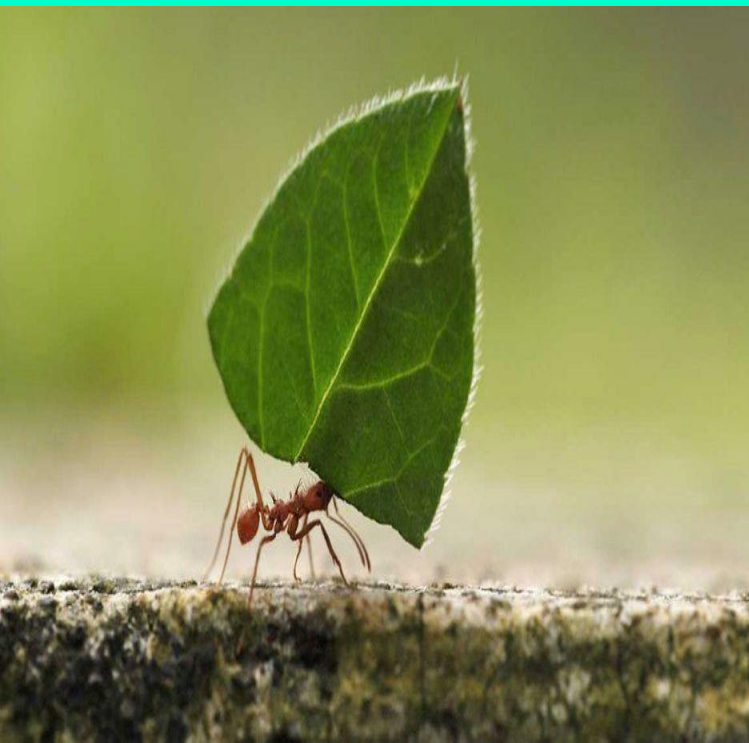
PRESENTATION ON UNIT 5

PLANET EARTH

- ▶ Our planet contains a wide variety of plants and animals which create some of the most beautiful places on earth like the Iguazu Falls and the Serengeti National park which we saw in Unit 5



- ▶ As we saw in the first page of the Unit some animals have some special abilities. Like the turtle(1 year without water) and the ant (carrying 5 times it's body weight).



Moon Navigation, Beetles

- ▶ Navigation using polarized light from the moon. These insects are often observed to travel in a straight line, despite whatever obstacles they may encounter. It seems that these insects rely on the patterns created when moonlight interacts with particles in the atmosphere.



Electroreception, Sharks

- ▶ Electroreception, which is a keen sensitivity to electrical impulses. As fish swim around, their movement sends tiny electrical signals through the water. Sharks pick up on those signals as the water passes over a series of jelly-filled pores on their head.



Jet Propulsion, Cephalopods

- ▶ . When the muscles of the mantle wall contract and squeeze the pressurized water back through the funnel, the animal is propelled through the water at a rate of up to 25 miles per hour. Cephalopods are also able to control the direction and speed of their movements.



Water Walking, Plumed Basilisk

- ▶ It walks across the water on its hind feet, using its tail for added support. Aptly nicknamed the "Jesus Christ lizard," this beautiful turquoise-green reptile is also known for its running speed on land – up to 7 miles per hour – and for its ability to remain submerged underwater for up to 30 minutes.



Echolocation, Bats

- ▶ With echolocation, bats send out high-frequency clicks as they fly. Then, they listen for the variations in the echoes that come back, which indicate the location of nearby insects. Using this system, they are able to feed on about 1,000 bugs per night



Biography

- ▶ <https://animals.howstuffworks.com/animal-facts/10-animal-skills.htm>
- ▶ Google Images
- ▶ Thank you for the attention

