

Group 6

Pro Motion

Health Promotion and Aging

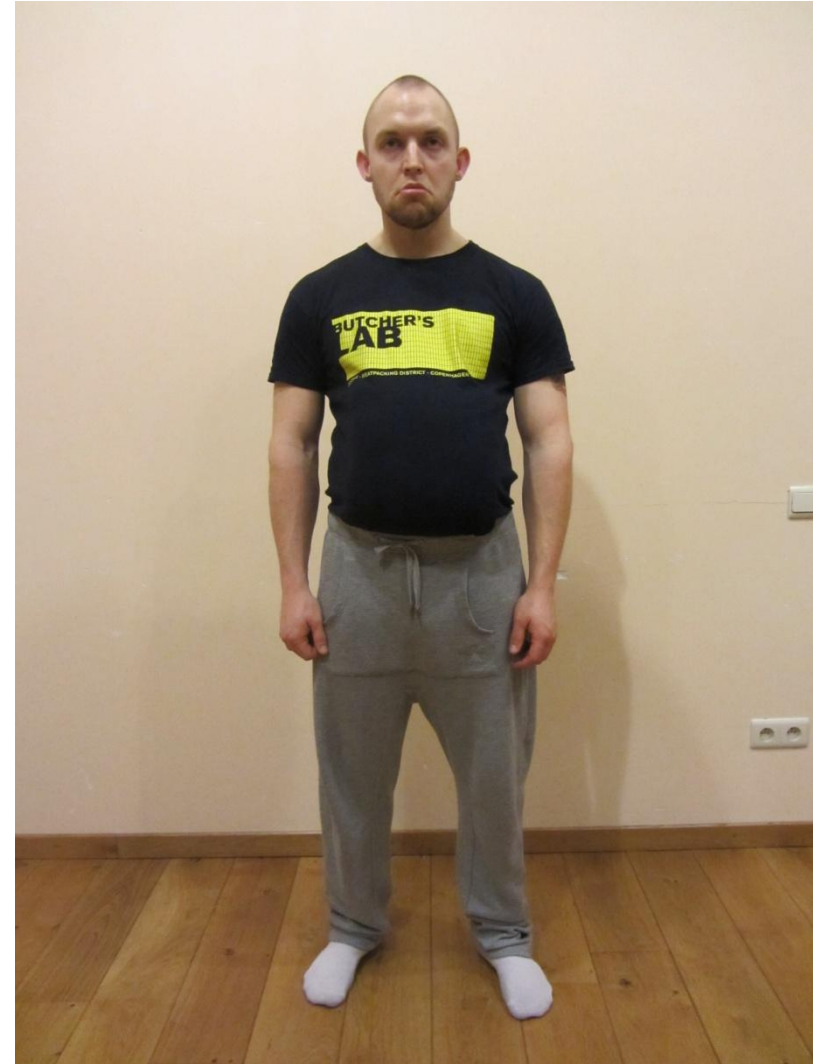
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Case

- Man
- 42 years old (middle aged)
- Two kids
- Fulltime job at an office
- Overweight
- Pet

The client



Before



After



We covered the topics of ...

- Work stress
 - Sedentary life style
 - Smoking
 - Unhealthy nutrition
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- Always possible to start from the **INDIVIDUAL** level !

Discussion

- Which campaigns promote good health in your country? What do you think about these campaigns?
- Do you have any ideas on how to promote health?

Pro Motion!

