



**Let's have a look in the future! – Visions how a healthy region – healthy local authority or healthy commune can look like!**

#### **Working on the policy level!**

To involve the leaders and managers of locale administration, associations, organisations and businesses from the policy level of the AktivRegion Mittelholstein we have held a meeting to inform about the EU project, the goals and the work pages. In this meeting we ask all participants about their individual vision about health in the AktivRegion, local authority or commune. ... more

The following visions about healthy region, healthy local authorities, healthy communes are developed by a group of leaders and managers from locale administration, associations, organisations and businesses in November 2008

- **Outset to a sustainable development – monetary / economic!**
- **Network of ideas, volunteers, sportclubs, local authorities and economic!**
- **Day of active health in the whole region!**
- **Gathering of information to put in the internet, as brochure for guests and locals!**
- **I expect from a healthy region, that it creates opportunities for every: child, adult, senior citizen to be able to realise their sportiv notions!**
- **Implementation of „japanese circumstances“ for better movement oppertunities in businesses, schools and administration!**
- **Healthy nutrition in theory and practical experience from the beginning of kindergarten, primary school to graduation!**
- **My vision of a healthy region contains a) capability of all people living in the region for personal responsibility for their well-being, b) that people feel comfortable, c) an alliance of the ressources natur – tourism – enviroinment in a healthy region!**
- **Sportiv region!**
- **Health promotion offeres for all ages!**
- **Medical practitioners, apothecaries!**
- **Local fitness-clubs!**
- **Educational advertising for health!**
- **Alliance and integration of kindergarten, schools, associations and organisations for conceptual, active recreational activities!**
- **To bring up the themes physical exercise, nutrition and relaxation in kindergarten and school!**
- **To wake up perception and awareness for health und to integrate institutions!**
- **Involving of citiziens to bring up own ideas!**
- **Talks between neighbours and friends should no longer be about disease but about health!**