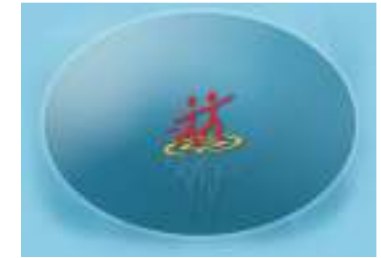


Youth and active lifestyle in Europe
Italy - Ravenna 12-19 April 2012

Physical activities can prevent some of the consequences of disease (cardiovascular diseases, diabetes type 2, osteoporosis, hypertension, depression, cognitive function, stress..)

- less disability
- fewer falls
- higher well-being
- ability to participate in social activities;
- ability to do what you want...



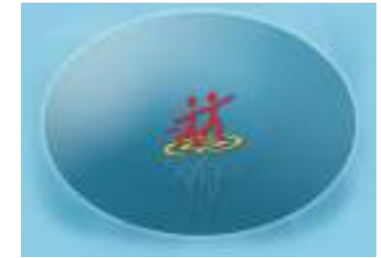


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The disablement process :

- extra individual factors
- intra-individual factors :the main pathway (pathology.. functional limitations (functional ability) = **special needs**
- risk factors





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SPECIAL NEEDS consequences:

for the individual more difficult to

- maintain leisure activities
- participate in a social life
- help other
- have a good life

for the society:
inclusive process

