

# Health and Physical Activity in **Pedreguer**



Ajuntament de Pedreguer

## Promoting Health and Physical Activity in **Pedreguer**

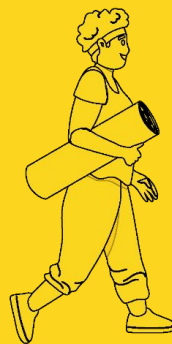
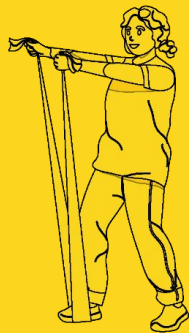
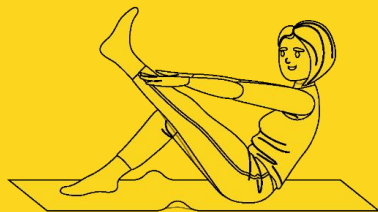
A municipality strongly committed to the health and well-being of its citizens.

With an innovative vision and a strong local commitment.

Today two real initiatives already underway in **Pedreguer** and present a creative idea that can be implemented simply but effectively.



# 'En Moviment' Program



# 'En Moviment' Program

Physical activity as a therapeutic tool within the public health system and use exercise as medicine.

## Target:

People with chronic illnesses, sedentary lifestyles, cardiovascular problems, diabetes, or those who need to improve their physical and mental health through guided and consistent routines.

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# 'En Moviment' Program

## Key actions:

- Creation of Physical Activity and Exercise Unit
- Coordination healthcare professionals and municipal sports technicians.
- Personalized exercise.
- Regular follow-up
- Small group sessions.
- Morning gym



## Impact:

This program not only improves participants' physical and emotional health but also reduces medical costs and pharmaceutical spending. It promotes an empowered, healthier, and more engaged community.





## Pedreguer's **Healthy Circuit**

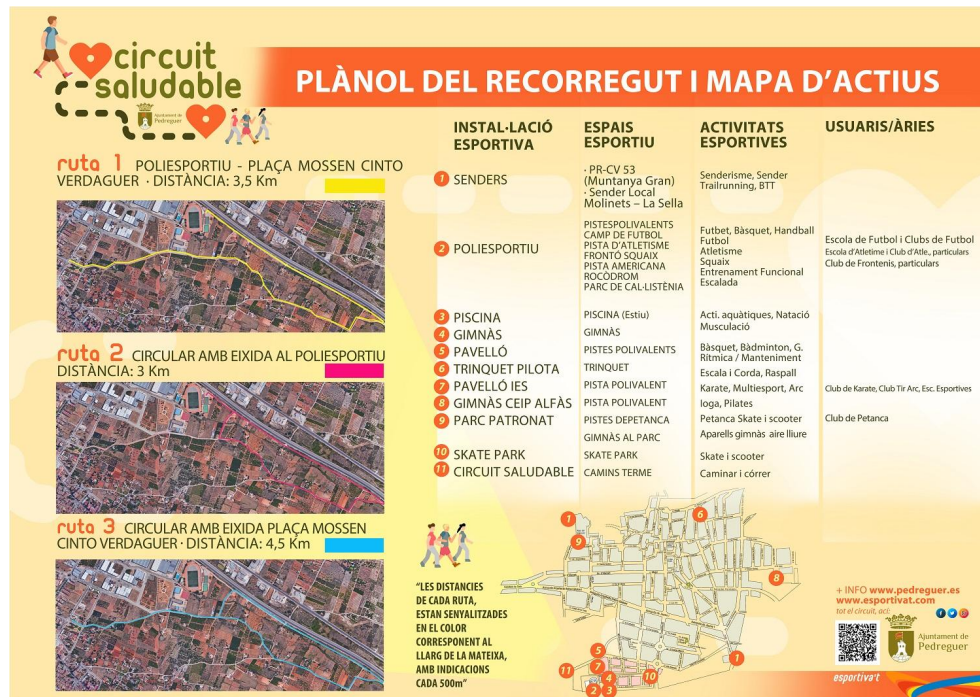


# Pedreguer's Healthy Circuit

To offer a safe, accessible, and permanent space for physical activity within the urban and natural environment of the town.

## Target:

The entire population, especially older adults or those with limited access to sports facilities.



# Pedreguer's Healthy Circuit



## Key actions:

- 3.5 km circuit across different town areas with information panels and fitness stations for stretching, strength, and cardio exercises.
- Clear signage
- Information campaigns to encourage its use.

## Impact:

The circuit has become a regular meeting point for physical activity, boosting general health and social interaction. More outdoor exercise has been observed, improving mental well-being and quality of life.

**FINAL DEL CIRCUIT**

**I PER ACABAR D'ENTRENAR...  
tornada a la calma:**

De la mateixa manera que l'inici de l'activitat ha de ser progressiu, també és recomanable que ho siga el final.

Per això, és aconsellable acabar els últims minuts de l'activitat amb una intensitat cada cop més suau i realitzar una sèrie d'estiraments

Una bona tornada a la calma ens ajuda a:

- Facilitar la recuperació
- Relaxar la musculatura
- Millorar la nostra flexibilitat i mobilitat articular
- Preveure lesions

A continuació teniu un recull amb els estiraments recomanats per a realitzar després de córrer o caminar:

1. Bessó
2. Soli
3. Psoes
4. Isquiotibials
5. Adductor llarg
6. Quàdriceps
7. Adductor curt
8. Gluti
9. Triceps, dorsal i redó
10. Pectoral

+ INFO [www.pedreguer.es](http://www.pedreguer.es)  
[www.esportiva1.com](http://www.esportiva1.com)  
tot el circuit, acc

esportiva1

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# “Car-Free Day”

## Creative Proposal



# “Car-Free Day”. Creative Proposal

**Idea:** To implement a car-free day once a month in key urban areas to promote sustainable and active transport.

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## Objectives:

- Reduce environmental pollution and noise.
- Reclaim streets for people, encouraging walking, cycling, and leisure.
- Create a healthier environment, especially for children, older adults, and vulnerable groups.
- Raise awareness about mobility alternatives and the need to rethink urban space.



# “Car-Free Day”. Creative Proposal

## Suggested activities:

- Health and nutrition street workshops.
- Yoga or pilates outdoors.
- Traditional games and family activities.
- Local product markets and exchange events.
- Reading and conversation spaces.



# Health and Physical Activity in **Pedreguer**

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## Closing and Final Reflection

# Final message

**With initiatives like “En Moviment”, the Healthy Circuit, and creative proposals like “Car-Free Day”, Pedreguer is becoming a model in promoting health and physical activity.**

These concrete actions enhance quality of life, strengthen social bonds, and bring added value to the local area.

**'En Moviment'** Program



**“Car-Free Day”**

**The key lies in involving the entire community and creating synergy between institutions, professionals, and neighbors.** Most importantly, understanding that small local actions can lead to major global transformations. We invite all European communities to share good practices, learn from each other, and move together toward a healthier and more sustainable Europe.



# Thank you all!



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