



Facilities in my city promoting  
a healthy lifestyle.

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We live in a small town which doesn't have many facilities we can use to be healthier and happier;  
Anyway, there are some which we are going to show you in these slides....

# The "Campo Scuola"



It's a stadium where you can do athletics; some of us go there almost daily because they're runners.

Anyone can go there and practice the activity they like most:

walking, throwing (shot put, discus, hammer, javelin, vortex), track running, hurdles, jumps (up, long, triple)...

But most of all we like going there because we have fun and we can make new friends.

We usually meet in the afternoon and after training we stay a little longer together or we go for a walk

This is one of the pictures we like most!



# City Parks: "Parco dei 4 Evangelisti"



In our city there are some parks where you can spend your free time or walk or walk your dogs. We prefer the "Parco dei 4 evangelisti"

It is a very large park with many green areas. Many facilities have been made available here for playing or training.

Children can play on the slides or swings, there is a football field where you can play football. There is also a track around the park where people can run or walk.

Inside there are tools to train such as pull-ups. Finally there is an area where dogs can run freely and play. The park is very popular with children and adults as well.





## PARCO MACAMARDA

Parco Macamarda is a park situated on a hill near the neighbourhood Rione Serra Venerdì, in the city centre.

In this park it's possible to find a small playground made on a soft surface to avoid being hurt if you fall and with a mural inspired to the tale of "Jack and the beanstalk".

There are also some trees, a dog area and a pine forest where, in spring and summer, a lot of people do sports, exercise or just relax.





There are also multicolor baskets which encourage people to do separate waste collection, to recycle it. There are toilets, small fountains and they have built a lighting system on the running path.





In the summer season, they inaugurated a new indoor football field to play in the winter season.



## The Swimming pools in our city

Our city is also home to many city swimming pools for those who want to swim, or for those who just want to relax by the pool.

In our opinion, swimming pools are very important for our city, because they can become places to meet friends, or spend time together having fun; moreover they are suitable for all ages, satisfying all the needs of that specific age group, from the most little ones, to the older ones ;

as well as relieving the heat during the summer months.

There are some swimming pools in Matera, but now we would like to show you the best known

## #1\_AQVAWOLRD WELLNESS LUXURY CLUB

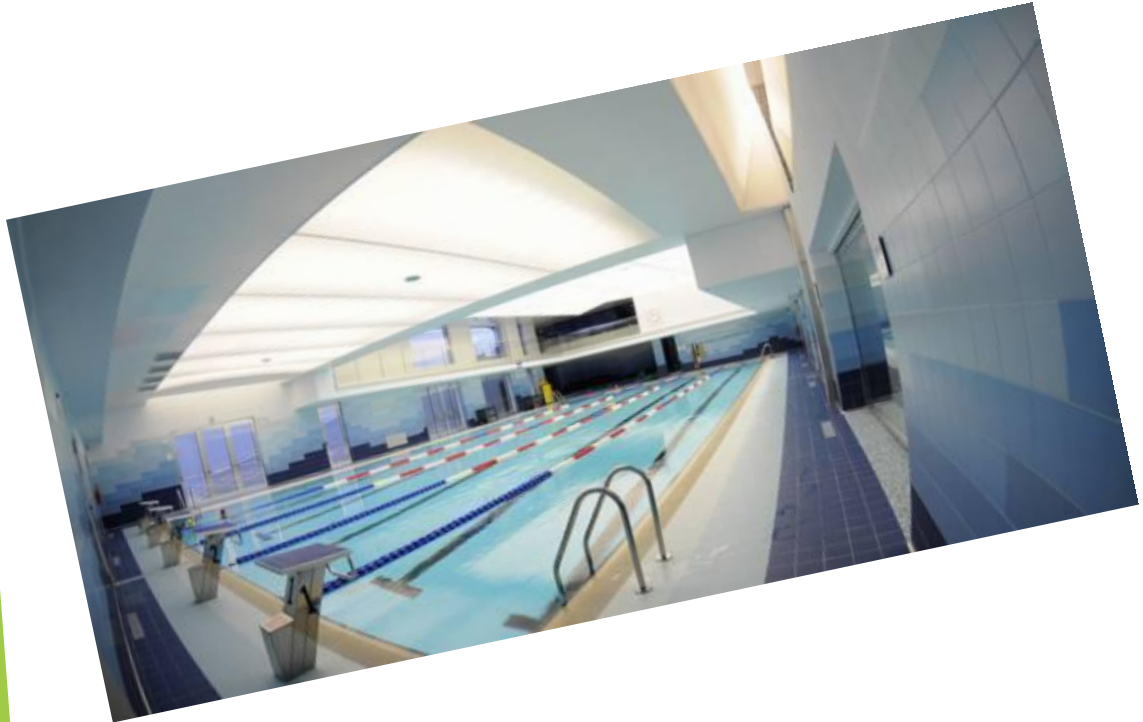


This swimming pool (in our opinion one of the most beautiful in Matera) offers many advantages.

First it has swimming courses for all ages, for very young children, for teenagers, and also for adults;

then they have water fitness, and a diving school, to learn to discover even the deepest abysses of the oceans;

Finally, there is an outdoor swimming pool, to have fun even in the summer.





it is a municipal swimming pool used above all for competitions or training: here you can subscribe to swimming classes for all ages

## #2\_Piscina Comunale



This sports centre includes also an indoor swimming pool



## #3\_Light Sports Center



## #4\_Jogo Village

It is a fantastic swimming pool to relax in summer, equipped with two swimming pools, one with salt water and one with fresh water, also with a bar and showers. It is used for private parties too.



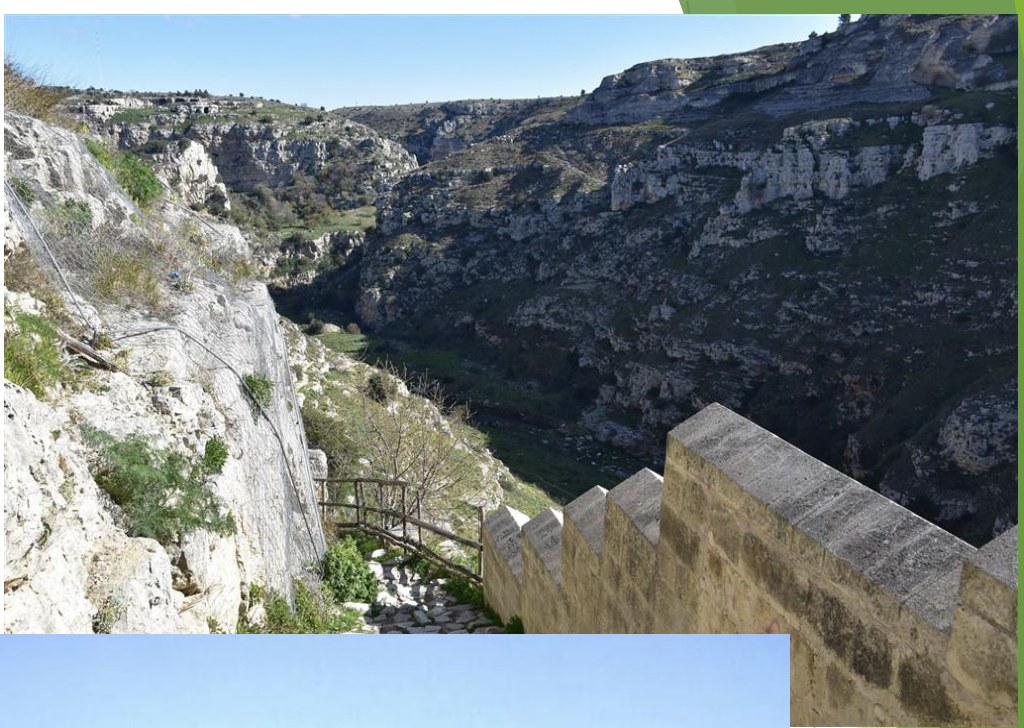
## "Ponte Tibetano e la Murgia"

The Latins said "mens sana in corpore sano". What's better than a nice walk in the open air to free your mind from daily thoughts and worries?

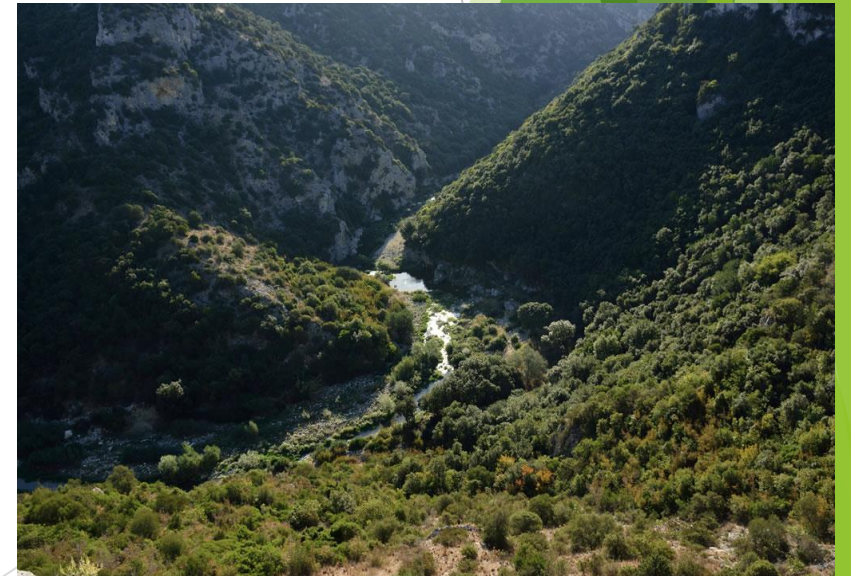
The "Ponte Tibetano" (suspended rope bridge) is the one for us.

With a leap you go from the ancient heart of our city to the deep Neolithic and, once you arrive, the show is breathtaking.

In front of your eyes you will see the old city and all around nature and history. The best time to venture is before sunset during spring and summer. The walk on the Murgia will let you discover rock churches and natural caves, but also local flora and fauna.



The bridge is very easy to find because it is located in the historical city center. Matera was built on the edge of a canyon. On the other side there is the "Parco della Murgia Materana" and at the bottom of the ravine flows a stream called Gravina, surely one of the most spectacular rock landscapes in Italy. The Park of the Murgia Materana is characterized by a soft rock made up of deep furrows that draw cliffs, gorges, caves, ravines used by man who has settled there since prehistoric times.



# WELLNESS CENTERS IN MATERA

There are many wellness centers in Matera but the best equipped and appreciated by citizens and above all by tourists are:

- \* Palazzo Gattini Luxury Hotel
- \* Aquatio Cave Luxury Hotel & Spa
- \* La Suite Matera Hotel & Spa



# PALAZZO GATTINI LUXURY HOTEL

Palazzo Gattini is located in Piazza del Duomo, with a breathtaking view of the Sassi, at the highest and most exclusive point of the entire city of Matera. The SPA of Palazzo Gattini has been created on the lowest floor of the building, where there are cisterns and caves carved into the stone. Here it is possible to indulge in the well-being of massages, personalized treatments and regenerating paths in the hydromassage tubs. In fact, the hotel has a modern spa with sauna, Turkish bath, emotional shower with chromotherapy, swimming pool with hydromassage, salt room and relaxation corner.



# AQUATIO CAVE LUXURY HOTEL & SPA

Aquatio Cave Luxury hotel and SPA is located in Matera, more precisely in the center of the Sassi of Matera. This is a structure that offers countless services, such as the whirlpool pool, sauna, is also equipped with a relaxation area, showers, deck chairs, tables and bar area and for those who need it, can undergo a relaxing massage, in short, this is one of the most luxurious hotel & spa in Matera requested by citizens, but especially by tourists because of its position and the phenomenal view over which the rooms overlook.



# LA SUITE MATERA HOTEL & SPA

The Suite Matera Hotel & Spa is the perfect starting point to get to know and experience the city and its surroundings. Inaugurated in August 2019 and located close to the famous Sassi, in the heart of the eighteenth-century historic center, it offers a modern and refined environment, with an elegant style and refined design, where every aspect is studied in detail so that each Guest's stay is transformed in a rare experience of well-being. It consists of 40 suites made up of comfortable and quiet rooms to enjoy a well-deserved rest, products of the highest quality carefully chosen by experts, a regenerating Spa path is only part of the luxury that La Suite Matera Hotel & Spa wants to offer its guests. The suites vary in size and layout to suit every need.





In our opinion, wellness centers are a great place to relax and dedicate some time to yourself. Personally we don't go to these places much as we are kids, but in spite of everything we would like to experience this feeling of well-being and relaxation.

Thank you for  
your attention

The background features abstract green geometric shapes. On the right side, there are several overlapping triangles and polygons in various shades of green, ranging from light to dark. On the left side, there is a single, solid green triangle pointing upwards.