

PROMOTING HEALTH IN MARBELLA



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1. HEALTH IN THE HIGH SCHOOL



1.1 SPORTS DAYS

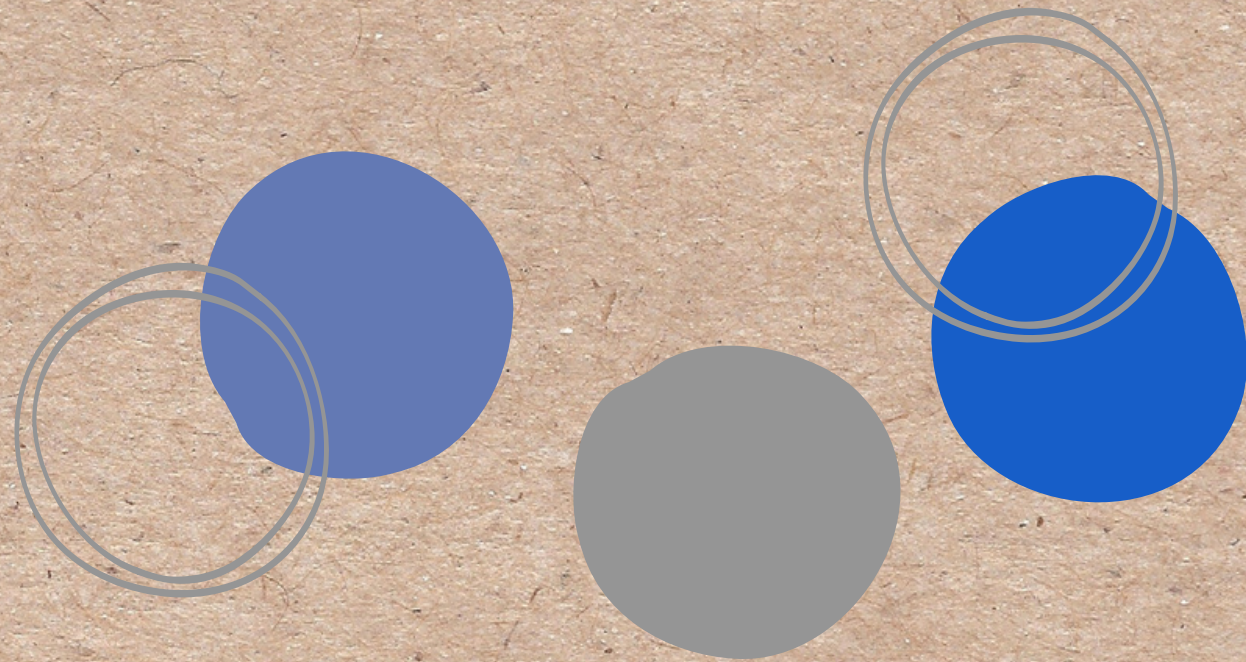
In our high school, we have a special day in which we carry out sports days.

On this day we do different sports and we have competitions throughout the day, we also have some dance masterclasses and the high school offers us fruits to remind us that we have to eat healthy.

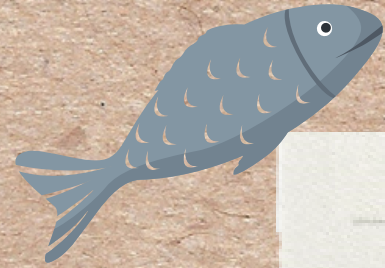
This day is very fun because all the students do something different from the usual.



SPORTS DAYS

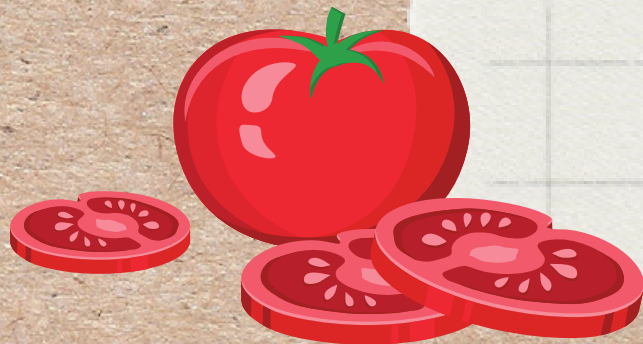


1.2 OUR COOKING SCHOOL



We also have a cooking school, where students learn to prepare delicious healthy dishes, inspired by the Mediterranean diet, their dishes are very beautiful and they taste very good.

They have a restaurant where they serve these dishes to people outside the high school.



THE COOKING SCHOOL



1.3 ANDALUCIA'S DAY



Andalucia Day is celebrated on February 28. To do so, that day the highschool organizes traditional games and gives all the students a sandwich with oil that is delicious!



1.3 ANDALUCIA'S DAY



1.4 GAMES AT THE BREAKS



Also, during breaks, the physical education department lends materials to students who want to play sports such as football,, basketball, and many more!


. So the students spend an amazing time



2. OUTDOOR ACTIVITIES IN MARBELLA



✦ 2.1 OUTDOOR ACTIVITIES IN MARBELLA



Outdoor sports are practiced a lot in Marbella thanks to the good weather. There are several sports in the open air, whether it is on the beach, in the countryside, in the mountains or in an open field. This is how you do sports while enjoying the outdoors or the scenery.



2.2 TENNIS IN MARBELLA



Tennis in Marbella is a sport practiced outdoors. There is the Puente Romano Tennis Club, where the most important international matches take place and have professional trainers and 10 tennis courts.





2.3 HIKING IN MARBELLA



Hiking around Marbella is one of the best ways to experience more of the landscape. Marbella has several spots where you would be able to hike including Juanar, Ermita de los Monjes, La Concha and many more.



📌 2.4 LA CONCHA



This is La Concha and it's one of the most beautiful hikes in Marbella. It has got a mesmerizing coastal view of Marbella.



2.5 BEACH VOLLEYBALL

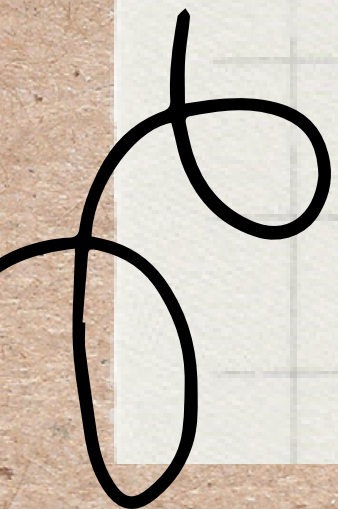
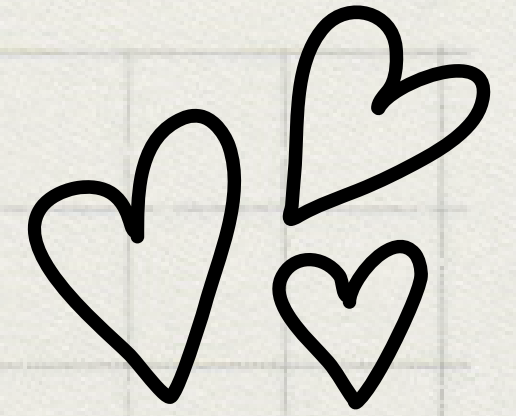
Beach volleyball is a widely practiced sport in Marbella. There are several volleyball clubs in Marbella that compete at a national level. Several important championships are held in Marbella, such as the Andalusian Championship.





2.6 TRIATHLON

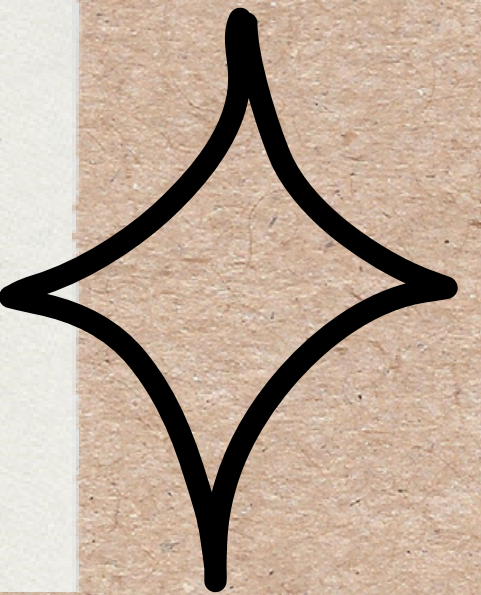

Many triathlons are held in Marbella because the weather is very good. Marbella has hosted many editions of the world-renowned Ironman triathlons. When these triathlons are done, people come from all over the world.





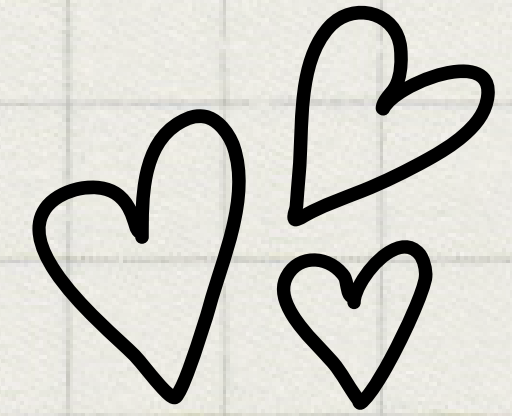
INSTITUTIONS IN MARBELLA

for healthy life habits





3.1 THE CITY TENT



This tent is located in front of our high school. You can practice rhythmic gymnastics there. And many more activities. So many elite athletes trained there



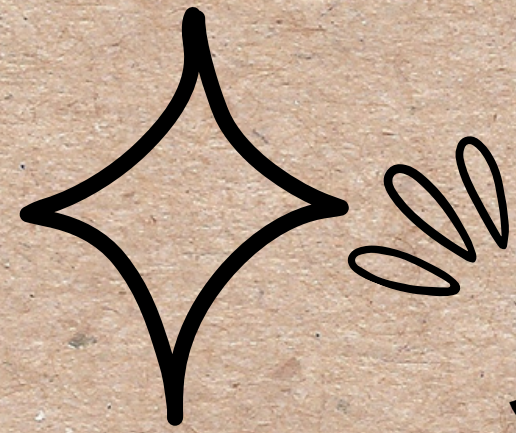
3.2 Swimming pool and track

The swimming pool: adults and also children can do aquatic activities. Its so economic, it has extended hours

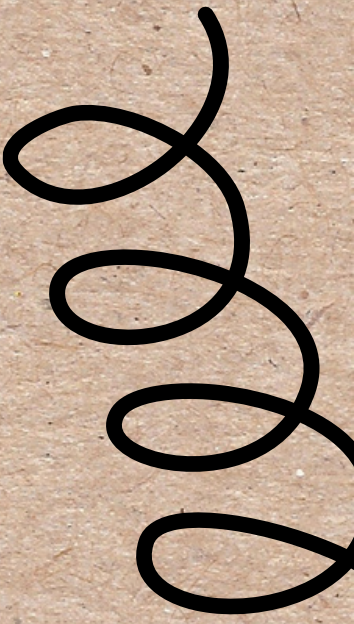


The track: has a football field, and an athletics track of 375m



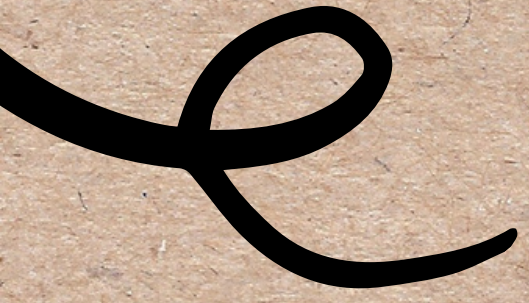


3.3 TOWN HALL AND SPORTS COUNCIL



**both the mayoress of
marbella and the sports
councilor are very
involved in the
development of healthy
living and sports activities
in marbella**





3. Healthy food in Andalucía





3.1 GAZPACHO



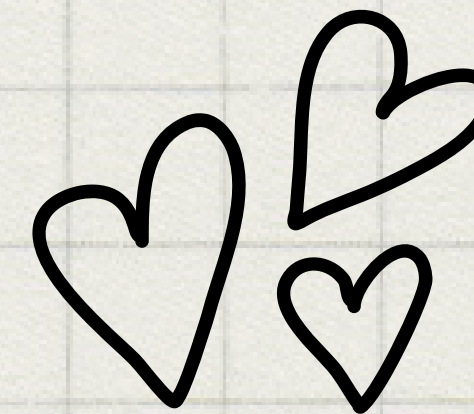
In Andalucía we have a lot of fish and meat so most of the dishes are with these ingredients but on the other hand there are a lot of vegetables here too.

One of the most popular in Andalucía is gazpacho , its ingredients are : tomatoe, salt , water , olive oil , vinegar , cucumber and garlic cloves. This dish is very healthy and everyone likes it .





3.2 SARDINE SKEWER



Besides in Málaga the most popular dish is sardine skewer the only ingredient that it has is coarse salt and is cooked over low heat .



THANK YOU!

KIITOS