

## Gesond iessen, Méi beweegen - What is it?

GIMB - "Gesond iessen, Méi beweegen" is an initiative of 4 ministries:

- Ministry of Education, Children and Youth
- Ministry for Family, Integration and the Greater Region
- Ministry of Health
- Ministry of Sports

Its objective is to promote a balanced diet and regular and adapted physical activity, and to combat the growing problem of obesity and a sedentary lifestyle for the whole population.



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG



## Some physical activity is better than none at all!

### Children and Adolescents (5-17 years)

- At least 60 minutes of moderate to vigorous physical activity per day on average
- Do high intensity endurance activities at least 3 days a week, as well as activities to strengthen muscles and bones
- Limit sedentary time, especially screen time!

### Adults (>18 years, elderly, pregnant women, people with chronic diseases or disabilities)

- Between 150 and 300 minutes of moderate physical activity or between 75 and 150 minutes of intense activity, or a combination of both per week
- Do moderate or high intensity muscle strengthening activities at least two days a week of moderate or high intensity
- For older people, it is important to incorporate activities that focus on balance and strength training at least 3 days a week
- For pregnant women, at least 150 minutes of moderate physical activity per week is recommended

**Remember to gradually increase the volume and intensity and to consult your doctor!**

## Test your physical activity level: "some is better than none"

Assess your physical activity habits: <https://www.sport-sante.lu/actimetre/>

If the results of the Actimeter are not very conclusive, here are some tips to help you set up a weekly schedule to reach the recommended goals:

- Do at least 30 minutes of moderate to vigorous physical activity at least 5 days/week.
- Choose activities that you enjoy and do them with friends or family
- Do physical activities at your own pace
- Increase the intensity and/or volume gradually, according to your ability

Thanks to the Luxembourg Federation of Health Sport Associations for providing us with the Actimeter.

For more information on the sport and health programme: [www.sport-sante.lu](http://www.sport-sante.lu)

sport santé 

 FLASS

## My checklist for a balanced diet

- I eat 5 portions of fruit and vegetables a day, for example 3 portions of vegetables and 2 portions of fruit (1 portion = 1 handful)
- I eat full grain foods regularly
- I use different types of oils, such as rapeseed, walnut, olive
- Nuts are part of my diet
- I drink 8 glasses of water a day, which is equivalent to 1.5 L
- I eat cheese or plain dairy products with no added sugar 2 to 3 times a day
- I regularly replace meat with pulses



For more information on balanced nutrition and the different food families:

<https://gimb.public.lu/fr/gesund-iessen/besoins-nutritionnels/adulte.html>

## Move more in your daily life

*And reduce the amount of sitting time during the day*

- If you have a dog, take it for a walk. If you don't have a dog, walk it anyway.
- Take a walk before or after meals.
- Park your car a little further away and finish the journey on foot.
- When taking the bus or tram, get off two stops before and walk to your destination.
- Take the stairs instead of the lift.
- Take the bike instead of the car as soon as possible.
- Try standing when on the phone, rather than sitting, walking is even better
- Set a reminder on your phone to remember to get up at least every 2 hours and walk around a bit.
- Gardening, DIY or cleaning are also physical activities.

## Watch your sugar intake (maximum 25g per day)

### **Sweetened drinks = liquid candy**

- 1 can of soda (330 ml) = 35g of sugar
- 1 glass (330 ml) of fruit juice = 35g of sugar
- 1 croissant = 9 g of sugar
- 1 almond croissant = 14g of sugar
- 1 pain au chocolat = 12g of sugar
- 1 tablespoon ketchup (g) = 3.5g of sugar
- Breakfast cereal with honey = 16.5g of sugar

Source: Ciquel

- If you eat sugar, **favour it in "solid" form in food** (cake, biscuits, yoghurt, etc.) rather than in liquid form in drinks. Solid food will always be more satiating.
- **Save sweetened drinks for special occasions** (birthdays, parties, restaurants, etc.)
- **Try homemade pastries, cakes and biscuits** instead of commercial products made with sugars in the form of "glucose syrup, fructose" or other industrial sugars.
- For **sweet snacks, consider pancakes or simply bread with a sweet topping**, which provide higher nutritional value than a finished commercial sweet snack.

## Mindful eating

- I eat my meals sitting down
- I make time for my meals
- I eat in a calm and relaxed atmosphere
- I eat without screens (TV, smartphone)
- I pay attention to the tastes and flavours of my meal
- I listen to my sense of hunger
- I eat with and for pleasure
- I stop at satiation

*Meals are a time to connect with yourself!*

For more information:

<https://gimb.public.lu/fr/gesund-iessen/besoins-nutritionnels/adolescents/snacks-grignotages.html>

## How many steps per day?

- Knowing your daily step count, regardless of the average number of steps, is an excellent starting point for gradually increasing your daily activity
- For adults, doing 8,000 to 10,000 steps a day could be a gradual goal to lower your risk of chronic disease
- For older people, doing at least 3,000 steps a day is the goal, depending on fitness and doctor recommendations
- In general, 30 minutes of walking = 3,000 to 4,000 steps depending on your step length

### **How to calculate your step length?**

Place your right or left toe just behind the start line on the ground behind you. Then walk naturally along the ladder on the floor. Count 10 steps (5 for the right foot, 5 for the left foot) and read off the distance at your toes on the 10<sup>th</sup> step. Divide this distance by 10 and you will get your average step length. Multiply this distance by 2 to calculate your stride length.

Now you know how far to walk to reach your daily step goal.

Setting a daily step goal encourages us to reduce sedentary time and gradually increase our daily activity level.

Challenges :

- 1) Repeat the procedure to calculate the step length for running this time.
- 2) How many steps will you have to take to walk 6 kilometres?
- 3) How many steps will you have to take to run 4 kilometres?

Make meals a time for conviviality, sharing and communication

**Reduce screen time, get out and play with your children**

For more information:

<https://sante.public.lu/fr/espace-citoyen/dossiers-thematiques/p/petite-enfance/danger-des-ecrans1.html>

## Infant feeding

### Breastfeeding

Breast milk has the ideal composition to feed your baby and is the best food for his development and growth.

### Food diversification (weening)

Diversification is the gradual introduction of foods other than milk. It is also the transition from liquid foods to increasingly solid foods. Baby will develop the skills to eat with a spoon and then to eat by himself with his fingers.

### Taste education

Why worry about the child's taste?

Babies, children and adolescents will eat more of the foods and dishes they like and know.

Developing children's taste for healthy foods and dishes is an important pillar for the development of lifelong healthy eating habits.

The first 1,000 days of a child's life are a period of intense development and learning during which the child is extremely sensitive to environmental stimuli and particularly curious about different tastes, textures and smells.

If you are looking for recipes or advice on feeding your baby, check out our book:

<https://gimb.public.lu/fr/publications/2022/alim-nourrison.html>

Some important messages:

- The number of feedings or bottles and the volume drunk varies from child to child and for the same child from day to day.
- Baby is able to self-regulate its needs and the natural hunger-satiety-thirst reflex must be respected.
- The addition of salt or salt preparations to infant food is strongly discouraged.
- Try to expose the child to a variety of foods by changing the flavours, while respecting the recommendations for food diversification.
- Hard and/or round foods are not allowed for children under 3 years of age.
- Avoid snacking in babies as it can disrupt the natural sense of hunger and satiety.
  - Babies do not need biscuits or desserts. A piece of fruit (fresh or stewed, depending on age) is the only snack they need.
- The only drink is water. A baby does not need fruit juice or other sweetened drinks.

## Snacks and fast food

### DO YOU LIKE FAST FOOD?

If you have a craving for fast food, first of all try not to make it a habit. If you do indulge, make smart choices.

- Opt for small portions instead of large ones.
- Favour mustard to mayonnaise (which is fattier) or ketchup (which is sweeter).
- Choose a fruit, fruit salad or compote for dessert.
- Replace soft drinks with water.
- Concentrate on your meal and enjoy it, sit down and avoid distractions (phones and other screens).

## How to cook at home in no time

- Plan your meals
- Have a few essentials in the cupboard, fridge and freezer such as
  - Carbohydrates (pasta, semolina, rice, bread, etc.),
  - Pulses in jars (lentils, chickpeas, beans, etc.),
  - Frozen vegetables,
  - Canned fish (tuna, sardines, mackerel, etc.),
  - Eggs,
  - Garlic, onions, shallots (fresh and/or frozen),
  - Aromatic herbs, spices.
- Have some home-made dishes/sauces in the freezer (vegetable soup, meatballs, tomato sauce, lasagne, quiche, pesto sauce...)
- Pre-cut some vegetables, garlic, onions and shallots in advance and store them in the fridge or freezer
- If time is very limited, opt for simple recipes instead of commercial ready-meals

## Example of home-made express dishes

- **Toast :**
  - Sardines and tomatoes
  - Tuna rilette
  - Salmon and fresh cheese with herbs
  - Smoked trout and cucumber
  - Cheese (Brie, cancoillotte, goat's cheese, ...)
  - Ham - cheese (cold or as a sandwich)
  - Cured ham, mozzarella and tomato
  - Tomato, mozzarella and pesto (cold or au gratin)
- **Pasta with sauce ...**
  - Cheese (ricotta, gorgonzola...)
  - Tomato, onions and bacon
  - Tomato and tuna
  - Tomato, olive and capers
  - Carbonara
  - Mushrooms, peas and cream
  - Courgette pesto or traditional pesto
  - Tomato and lentils
  - Chickpeas and vegetables
- **Eggs are always prepared quickly**
  - Omelette
  - Soft-boiled egg
  - Fried egg

**You can accompany the dishes with raw vegetables or soup.**

**It is better to have a simple HOME-made dish than a commercially prepared one!**

## Eating well and being active in old age

- A healthy diet and regular physical activity are the essential pillars of good health.
  - ✓ Drink plenty of water, at least 1.5 litres a day
  - ✓ Eat 5 portions of fruit and/or vegetables per day and 3 portions of dairy products per day
  - ✓ Eat protein: meat, fish, eggs, tofu, etc.
  - ✓ Get moving! Do at least 30 minutes of moderate physical activity a day: walking, gardening, bowling, cycling, ...
- Group activities and meals together stimulate the appetite, maintain social contacts, maintain health and encourage the discovery of new horizons.
  - ✓ Like many municipalities, the GIMB's partner "Senior Clubs" regularly offer interesting, age-appropriate sports activities and social gatherings over a good meal.
  - ✓ Don't hesitate to try their activities from A(quagym) to Z(umba)
  - ✓ Find the Senior Clubs on [Luxsenior.lu](https://www.luxsenior.lu) and on their websites.
- Above all: Take care of yourself and have fun!

## Restopolis

Do you know Restopolis?

Restopolis is the school and university catering service of the Luxembourg Ministry of Education, Children and Youth.

What is our concept?

Our health, our food and nature are closely linked. We are committed to a balanced and sustainable diet!

### CREATING A SUSTAINABLE FOOD FUTURE

The 6 Restogoals of Restopolis

1. WE PUT THE PAN-BIO2025 PLAN INTO PRACTICE
2. WE VARY OUR FOOD OFFER
3. WE BUY PRODUCTS NEARBY
4. WE AVOID WASTE
5. WE FIGHT FOOD WASTE
6. WE CAMPAIGN FOR A SUSTAINABLE DIET

Food4Future by Restopolis - towards more sustainable food systems

For more information: [www.restopolis.lu](http://www.restopolis.lu)



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG  
Ministère de l'Éducation nationale,  
de l'Enfance et de la Jeunesse



## In education, we move!

### CleverMove

(Primary education)

The concept of "Schools and halfway houses [Maisons Relais] in motion" is simple. In addition to the weekly physical education and sports classes, children move and exercise every day for 15 to 20 minutes. Teachers can choose the activities on the basis of the teaching material provided.



For more information: <https://clevermove.script.lu/LU/>

### Bicycool

Currently, two types of activities are offered for primary education classes:

- Draisienne (Laufrad) activity for children in cycle 1
- Mobile bike skills course for pupils in cycles 2 to 4



For more information: <https://www.script.lu/en/activites/initiatives/bicycool>

### EPSAsport App

In the framework of "school in motion", the private school Sainte-Anne in Ettelbruck has developed a sports application. It is the first school sports application in the world and its aim is to get pupils moving more. The programme can be adapted to a whole class, a section or the whole school.

The E-P-S-A application allows students and teachers to take part in cycling, running and walking challenges. For each challenge completed, participants receive points or a virtual medal. This fun factor (gamification) is meant to stimulate the motivation of the pupils.



For more information: <https://www.youtube.com/watch?v=zkcove59zoU>

## LN FIT am Lycée du Nord

The "LN-Fit" project aims to restore the desire to move - essential to a healthy lifestyle and yet threatened by a growing sedentariness accentuated by the health crisis - among both pupils and teachers. The project includes:

- a broadening of the sports offer at high school level
- the organisation of more diverse and original sporting events
- training sequences in video form



For more Information: <https://ln.lu/project/action-petit-dejeuner/>

## Young people are also on the move

#BeActive@Jugendhaus

As part of the European Sports Week, which takes place every year from 23 to 30 September, the National Youth Service (SNJ) has created the #BeActive@Jugendhaus initiative.

Sixteen youth centres participated in the initiative in 2022. The theme of the workshops was sport and movement, with the aim of encouraging young people to move more and discover new sports.



For more information: <https://www.enfancejeunesse.lu/fr/dobaussen-aktiv/>

## Nuit du Sport

The idea of the Night of Sport is to give young and old the opportunity to discover new sports disciplines and to promote physical activity and a healthy lifestyle.



For more information: <https://www.nuitdusport.lu/>

## Fundamentals Team Lëtzebuerg

A history of movement for children with over 300 activities for

The family: <https://eneps.public.lu/fr/letzebuerglieftsport/fundamentalsteam/ftlfamilien.html>

Non-formal education structures:

<https://eneps.public.lu/fr/letzebuerglieftsport/fundamentalsteam/ftlfamilien1.html>

#LëtzebuerglieftSport



## BALLSCHOUL LËTZEBUERG

The pleasure of playing ball with children.

Ballschoul Lëtzebuerg offers:

Training

Training manual

Videos

Basket of balls

For more information: <https://eneps.public.lu/fr/letzebuerglieftsport/ballschoulletzebuerg.html>

#LëtzebuerglieftSport



## Apply for the GIMB label

Do you organise activities, projects, campaigns, exhibitions, courses etc, which focus on the promotion of a balanced diet and/or regular physical activity?

**Become a partner and ask for the GIMB label!**



### Why?

- A valuation of your promotional activities;
- Expert support on the positive aspects and points to be strengthened of your project;
- Access to practical information and advice on national recommendations;
- The opportunity to expand your network;
- Provision of materials and brochures.

[Make the request!](#)

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