



DEEP BLUE-GREEN CONFERENCE

BOOK OF ABSTRACTS

2026
21-27 APRIL

deep.bluegreenexercise.eu

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GREECE

Anemos Sports and
Cultural Club



MALTA

Medio Tejo



ITALY

Trekkify



PORTUGAL

Medio Tejo



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Greece



APRIL 23.2026

PNEUMATIKO KENTRO
CHANIA



LINA PSOUNI

Psychologist, Sports &
Exercise MSc, Sports
Psychologist PhD

THE PROJECT DEEP BLUE EXERCISE – GOOD PRACTICES FROM GREECE

The Deep Blue Exercise – Exercise for Well-Being project promotes physical activity through engagement with natural blue environments. This presentation highlights the good practices implemented by Anemos Sports Club in Greece, focusing on accessible activities such as park exercises, beach fitness, coastal walking, swimming, and ecopsychology by the sea.

Based on the “Blue Mind” approach, the program emphasises the positive impact of water on mental health, including stress reduction and improved well-being. Activities targeted diverse groups, fostering inclusion, intergenerational participation, and community engagement.

Results show increased motivation for physical activity and positive psychological outcomes. The Greek experience demonstrates that blue exercise is an effective, scalable, and sustainable model for enhancing health and well-being.

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APRIL 23.2026

PNEUMATIKO KENTRO
CHANIA



SPEAKER

Stella Kilitziraki
Dietitian MSC

TITLE

This issue explores how small, sustainable dietary changes can lead to significant improvements in overall health and well-being. It emphasizes that nutrition affects not only body weight, but also energy levels, immune function, mental health, disease prevention, and daily performance. The presentation highlights why many people fail in dietary change attempts—often due to trying to change everything too quickly—and proposes that gradual, consistent habits are the key to long-term success.

Practical strategies are presented to help individuals improve their eating behaviors, including mindful eating, meal planning, structured meal timing, healthier food shopping habits, meal preparation, and reducing processed food intake. The presentation also provides guidance on building balanced meals, increasing fruit and vegetable consumption, selecting quality protein and carbohydrate sources, and creating healthy snack options.

Overall, the presentation promotes a realistic and sustainable approach to nutrition, focusing on consistency rather than perfection, and encouraging individuals to build lifelong healthy habits through simple daily choices

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APRIL 23.2026

PNEUMATIKO KENTRO
CHANIA



SPEAKER

Stella Psouni
Psychologist

FUNDAMENTAL PRINCIPLES OF MENTAL HEALTH: STRESS MANAGEMENT AND PATHWAYS TO WELL-BEING

This presentation explores the foundational principles of mental health through an integrative biopsychosocial perspective, emphasizing the central role of stress regulation in psychological well-being. It examines the physiological and psychological mechanisms of stress and anxiety, including the neuroendocrine stress response, the fight-flight-freeze mechanism, and the effects of chronic stress on the brain, body, and emotional functioning. Drawing from contemporary neuroscience, psychoneuroimmunology, and classical philosophical perspectives, the presentation highlights the interconnectedness of physical and mental health.

Special emphasis is placed on the core lifestyle factors that support mental resilience and emotional regulation, including sleep, nutrition, hydration, exercise, sunlight exposure, environmental quality, social relationships, meaning/spirituality, and aesthetic experience. The presentation further addresses emotional awareness, mindfulness, trauma, neuroplasticity, and the development of emotional intelligence as essential components of psychological growth and self-regulation.

Practical evidence-based strategies for stress reduction and sustainable well-being are presented, promoting a holistic model of mental health in which self-awareness, lifestyle balance, and intentional daily practices serve as the foundation for long-term psychological resilience and flourishing.

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APRIL 23.2026

PNEUMATIKO KENTRO
CHANIA



SPEAKER

Tania Salesvouraki
Dietician

FUNDAMENTAL PRINCIPLES OF MENTAL HEALTH: STRESS MANAGEMENT AND PATHWAYS TO WELL-BEING

This presentation explores the complex relationship between nutrition, mental health, and neurodegenerative disorders, highlighting the critical role of dietary patterns in supporting brain function and long-term neurological health. Emerging evidence demonstrates that nutrition significantly influences mood regulation, cognitive performance, neuroplasticity, and the risk of psychiatric and neurodegenerative conditions through mechanisms involving inflammation, oxidative stress, gut-brain axis interactions, neurotransmitter synthesis, and metabolic regulation.

The presentation examines how nutritional deficiencies, poor dietary habits, and chronic metabolic dysfunction may contribute to the development or worsening of mental health disorders such as depression and anxiety, as well as neurodegenerative diseases including Alzheimer's disease, Parkinson's disease, and other forms of cognitive decline. Particular emphasis is placed on the protective role of anti-inflammatory and nutrient-dense dietary patterns, key micronutrients, omega-3 fatty acids, antioxidants, and gut microbiome health in maintaining cognitive resilience and emotional well-being. By integrating current findings from nutritional neuroscience and mental health research, the presentation promotes a preventive and holistic approach to brain health, positioning nutrition as a modifiable lifestyle factor with significant implications for psychological well-being and neurodegenerative disease prevention.

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APRIL 23.2026

PNEUMATIKO KENTRO
CHANIA



SPEAKER

Amanda
Lemontzoglou
Sports Scientist MSC

THE CRITICAL ROLE OF STRENGTH TRAINING IN DAILY LIFE

This presentation examines the critical role of strength training in enhancing both everyday functionality and athletic performance. It explores strength development as a fundamental component of physical fitness, emphasizing its contribution to injury prevention, postural alignment, joint stability, neuromuscular coordination, and overall quality of life. The presentation discusses how structured resistance training improves hormonal balance, reduces stress, enhances metabolic function, and promotes muscular strength, hypertrophy, and power.

In the context of athletic performance, the presentation highlights the importance of strength training for maximizing force production, improving endurance, accelerating recovery, and reducing the risk of sports-related injuries. It further outlines key principles of strength programming, including progressive overload, training specificity, periodization, exercise selection, and intensity prescription according to performance goals.

Special attention is given to the application of strength training across different populations and settings, including general fitness, older adults, endurance athletes, and football players, demonstrating how individualized programming can optimize functional performance and long-term health outcomes. Ultimately, the presentation positions strength training as an essential pillar of both athletic development and lifelong well-being.

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DEEP BLUE-GREEN CONFERENCE

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Italy



APRIL 21.2026

ONLINE - THE EVENT HAS BEEN LIVE-
STREAMED ON THE PROJECT'S
[YOUTUBE CHANNEL](#)



SPEAKER

[MATTEO DELLA BORDELLA](#)

Alpinist, rock climber,
adventurer, public speaker.

EXPLORING THE LIMIT – LESSONS FROM THE MOUNTAIN FOR HUMANITY AND SOCIETY

A reflective event that unfolded as a journey: across sport, nature, well-being, and society, guided by the mountains - and by the authentic, insightful, and contemporary perspective of Matteo Della Bordella, one of Italy's most renowned climbers, alpinists, and adventurers, known for pushing the boundaries of modern mountaineering. Celebrated for his ethical, minimalist, and self-reliant approach, he combines high-level technical climbing with storytelling and thoughtful cultural reflection.

Through his firsthand experiences, participants explored both outer extremes and inner landscapes, rediscovering their connection with the environment—returning with fresh perspectives, renewed energy, and deeper awareness.

Theme:

- Increased awareness of a healthy lifestyle across all generations.

FOR MORE INFORMATION CLICK [HERE](#).

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DEEP BLUE-GREEN CONFERENCE

BOOK OF ABSTRACTS

Italy



APRIL 25.2026

PALAZZO DEL POPOLO, TODI (PG)

IN PERSON + ONLINE
THE RECORDING OF THE EVENT IS
AVAILABLE ON THE PROJECT'S
[YOUTUBE CHANNEL.](#)



SPEAKER

WALTER NILO CIUCCI
Cyclist, expert in
landscapes, cultures, and
enogastronomy.

WELLNESS IN MOTION: CYCLING THROUGH LANDSCAPES AND ANCIENT WISDOM

A journey through Italy's culinary heritage and sustainable traditions, guided by the testimony of Walter Nilo Ciucci. Together, we rediscovered ancient knowledge and artisanal productions at risk of disappearing, exploring Alpine valleys, dairies, and high-altitude pastures. Traveling by bicycle, we embraced unique perspectives while promoting physical and mental well-being through an accessible, low-impact activity. More than a journey, this experience became a tool for inclusion: by combining sport, sustainable food culture, and shared exploration, it encouraged easier access to physical activity and healthy diets, with particular attention to engaging disadvantaged groups and fostering participation without barriers.

Theme:

- Easier access to sport, physical activity and healthy diets, with special focus on inclusion and non-discrimination to reach disadvantaged groups.

FOR MORE INFORMATION CLICK [HERE.](#)

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DEEP BLUE-GREEN CONFERENCE

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Italy



APRIL 26.2026

AGRICOLLINA, MONTECASTRILLI (PG)

N PERSON + ONLINE

THE RECORDING OF THE EVENT IS
AVAILABLE ON THE PROJECT'S YOUTUBE
CHANNEL.



SPEAKERS

- Marcello Santucci - FODAF Umbria
- Arianna Tiralti - DSA3
- Riccardo Aquilini - Major of Montecastrilli

AGRICULTURAL BIODIVERSITY AND RURAL DEVELOPMENT: THE ROLE OF ECOSYSTEM SERVICES IN PUBLIC HEALTH

This event explored the interconnections between agricultural biodiversity, rural development and community wellbeing through the Deep Blue-Green framework, highlighting the role of natural ecosystems in supporting healthy and active lifestyles. Bringing together experts and case studies, the discussion examined how ecosystem services contribute not only to food security and environmental sustainability, but also to the creation of safe, accessible and high-quality outdoor environments for physical activity and sport. Particular attention was given to how blue-green infrastructures can foster opportunities for outdoor sports, recreation and active mobility, enhancing both physical and mental health.

Theme:

- Teaming up for a holistic approach to food, health, well-being, and sport.

FOR MORE INFORMATION CLICK [HERE](#).

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BOOK OF ABSTRACTS

Malta



APRIL 20.2026

REGJUN TRAMUNTANA OFFICE
- ONLINE



SPEAKER

JOYCE MUSCAT
Complimentary Therapist

MALTESE HERBS AND THEIR SAFE USE

A journey into the world of Maltese herbs, where tradition, nature, and holistic wellbeing come together. Guided by the experience of Joyce Muscat, this session explores the healing potential of local plants and their role in everyday self-care. Rooted in both ancestral knowledge and modern holistic practices, participants will discover how herbs can support balance, relaxation, and overall wellbeing. At the same time, the session places strong emphasis on safe and responsible use, helping attendees understand not only the benefits but also the limits of natural remedies.

More than an introduction to herbalism, this experience invites participants to reconnect with nature's resources in a mindful and informed way, empowering them to integrate simple, natural practices into their daily lives.

Theme:

- Increased awareness of a healthy lifestyle across all generations

REGISTRATION NOT REQUIRED

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Malta



APRIL 20.2026

SALINA NATURE PARK (KENNEDY GROVE)



SPEAKERS

EMAN AGIUS
Systemic Family Therapist & ANT
Founding Member
CLAIRE FREND
Gestalt Psychotherapist & ANT
Founding Member

ADVENTURE & NATURE THERAPY - WORKING WITH NATURE FOR INDIVIDUAL AND COMMUNITY WELLBEING

An experiential journey into the world of Adventure & Nature Therapy (ANT), where nature becomes an active partner in personal and community wellbeing. Through outdoor experiences and shared challenges, participants are invited to slow down, reconnect with themselves, and rediscover the value of simplicity and presence. Inspired by both practice and research, ANT uses natural environments to foster resilience, self-awareness, and meaningful human connection. By stepping outside of everyday routines and into the unpredictability of nature, individuals explore their own limits, build trust, and develop tools for coping with life's challenges. More than a therapeutic approach, ANT offers a space for reflection, growth, and authentic connection - highlighting how working with nature can support mental, emotional, and physical wellbeing in accessible and transformative ways.

Theme:

- Teaming up for a holistic approach to food, health, well-being and sport

REGISTRATION NOT REQUIRED

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BOOK OF ABSTRACTS

Malta



APRIL 21.2026

123 ANYWHERE ST.,
ANY CITY, ST 12345



SPEAKER

Entrepreneur, Lecturer, &
Business Coach

TITLE

abstract

bla bla

Theme: **SELECT THE ONE THAT APPLIES**

- Increased awareness of a healthy lifestyle across all generations
- Easier access to sport, physical activity and healthy diets, with special focus on inclusion and non-discrimination to reach disadvantaged groups
- Teaming up for a holistic approach to food, health, well-being and sport

REGISTRATION:

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BOOK OF ABSTRACTS

Portugal



APRIL 27.2026 14H30

ONLINE



SPEAKER

VERA BÁRTOLO

Cardiopneumologist
and Pilates Instructor

ACTIVE HORIZONS: INCLUSION, HEALTH AND WELL - BEING

According to Eurobarometer data from 2022, 75% of Portuguese people never take part in physical activity, above the European average of 45%, mainly due to lack of time and motivation. However, physical activity is widely recognised for preventing disease and promoting well-being and mental health across all age groups. From childhood to older age, it supports motor development, healthy habits, prevention of chronic diseases, mental health, and the maintenance of functional ability, autonomy and quality of life. It is also a key stimulus for social inclusion, particularly for people with physical disabilities or intellectual and developmental disabilities, improving self-determination, self-esteem and full participation in society, and showing that movement is a universal language.

Theme:

- Increased awareness of a healthy lifestyle across all generations

REGISTRATION: NOT REQUIRED

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BOOK OF ABSTRACTS

Portugal



APRIL 27.2026 14H50

ONLINE



SPEAKER

FRANCISCA PERNA
Nutricionist and Federated
Athlete

BUILDING HEALTH: THE IMPACT OF NUTRITION ON SPORT AND WELL-BEING

We often hear about healthy eating. But is it the same for everyone? And what about athletes, can they follow the same recommendations?

The promotion of healthy eating is often based on generalized guidelines, assuming that nutritional needs are similar across individuals. However, factors such as physical activity level, individual goals, clinical context, and lifestyle significantly influence these needs. At the same time, scientific evidence shows that unhealthy dietary patterns and physical inactivity are among the leading risk factors for global mortality.

In this context, nutrition should be individualized. This presentation aims to address the impact of nutrition and physical activity on health and mortality, as well as to present specific nutritional adaptations within the context of exercise, in order to promote health and sports performance.

Theme:

- Teaming up for a holistic approach to food, health, well-being and sport

REGISTRATION: NOT REQUIRED

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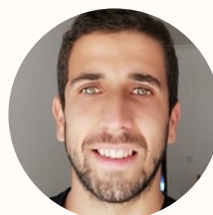
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Portugal



APRIL 27.2026 15H10

ONLINE



SPEAKER

ANTÓNIO MARQUES

Specialist in Special
Education and Psychomotor
Rehabilitation

PROMOTING INCLUSIVE PHYSICAL ACTIVITY THROUGH ADAPTED SPORTS

This presentation describes the implementation of adapted sports activities as part of European Week of Sport 2025, involving students from CRIFZ – Centro de Recuperação Infantil de Ferreira do Zêzere (Ferreira do Zêzere Children's Rehabilitation Centre). Activities such as canoeing, boccia and traditional games were organised to promote inclusion, active participation, and the development of motor and social skills. The intervention highlights the importance of adapting activities to participants' abilities, providing meaningful experiences and reinforcing the role of sport as a tool for integration and well-being.

Theme:

- Easier access to sport, physical activity and healthy diets, with special focus on inclusion and non-discrimination to reach disadvantaged groups

REGISTRATION: NOT REQUIRED

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Portugal



APRIL 27.2026 15H40

ONLINE



SPEAKER

VÍTOR SANTOS

Specialist in hiking and
mountain biking trails

PROMOTING HEALTH THROUGH PHYSICAL ACTIVITY

The Centro Municipal de Marcha e Corrida de Tomar (Tomar Municipal Walking and Running Centre) is a project initiated by Vítor Santos, inspired by the WHO Global Action Plan on Physical Activity 2018–2030, which advocates more active people for a healthier world. Operating since February 2020, it aims to promote the regular practice of walking and running, contributing to improved health and well-being and to combating sedentary lifestyles. Developed in partnership with the Municipality of Tomar, the Portuguese Athletics Federation, the Médio Tejo Local Health Unit, and the Tomar Senior University, the project combines its regular activity with themed sessions designed to break routine and provide new experiences for the group, always outdoors and, whenever possible, in contact with nature, standing out for its broad, inclusive, and accessible initiative.

Theme:

- Easier access to sport, physical activity and healthy diets, with special focus on inclusion and non-discrimination to reach disadvantaged groups

REGISTRATION: NOT REQUIRED

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