

PRESS RELEASE

MEDIET4ALL Releases New E-Book Encouraging Active Living Through the Mediterranean Lifestyle

A practical guide showing how everyday movement can improve physical health, mental well-being and healthy ageing

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The MEDIET4ALL project is pleased to announce the publication of its latest educational resource, "Move the Mediterranean Way: Physical Activity for Everyday Health."

This new e-book highlights the essential role of physical activity within the Mediterranean Lifestyle and provides practical, evidence-based guidance to help people of all ages incorporate more movement into their daily routines.

Drawing on recommendations from the World Health Organization (WHO) and the latest scientific research, the publication demonstrates that physical activity is one of the most effective ways to support long-term health, prevent chronic diseases, improve mental well-being and promote healthy ageing.

Unlike traditional fitness guides, the e-book emphasizes a simple but powerful message: all movement counts.

Whether through walking, cycling, gardening, climbing stairs, active commuting or home-based exercises, the guide shows how everyday activities can contribute significantly to better health and quality of life.

From Science to Everyday Practice

The publication translates complex scientific evidence into practical recommendations that readers can easily apply in their daily lives.

Topics covered include:

- Understanding what physical activity really means;
- WHO recommendations for different age groups;
- The benefits of movement for physical and mental health;
- The relationship between physical activity and sleep quality;
- Strength, balance and healthy ageing;
- The importance of reducing sedentary behaviour;
- Practical strategies for building sustainable active habits.

The guide also provides realistic weekly activity examples for different population groups, including students, busy professionals, families and older adults.

Physical Activity: A Key Pillar of the Mediterranean Lifestyle


While the Mediterranean Diet is widely recognized for its health benefits, MEDIET4ALL promotes a broader vision of well-being that combines healthy eating, regular movement, social connection and sustainable daily routines.

The new e-book reinforces the idea that physical activity should not be viewed as a separate health objective, but as a natural part of everyday life and an integral component of the Mediterranean Lifestyle.

"Physical activity does not require expensive equipment, intensive training programmes or hours spent in the gym. Small, consistent actions such as walking more, sitting less and maintaining strength over time can have a profound impact on health and well-being."

The publication highlights growing evidence showing that regular movement can help reduce the risk of cardiovascular disease, diabetes, depression, anxiety, cognitive decline and premature mortality while supporting better sleep and overall quality of life.

Download the E-Book

 Move the Mediterranean Way: Physical Activity for Everyday Health : [https://mediet4all.eu/wp-content/uploads/2026/06/E-Book-2-Move_the_Mediterranean_Way .pdf](https://mediet4all.eu/wp-content/uploads/2026/06/E-Book-2-Move_the_Mediterranean_Way.pdf)

About MEDIET4ALL

MEDIET4ALL (Mediterranean Diet for All) is a European initiative dedicated to promoting the Mediterranean Diet and Mediterranean Lifestyle as accessible and sustainable pathways to better health and well-being.

Through research, education and awareness-raising activities, the project supports the adoption of healthy dietary habits, active living and cultural practices that contribute to healthier communities across Europe and the Mediterranean region.

For more information, visit: [Médiathèque < Mediet4all — WordPress](#)

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