

## PRESS RELEASE

# MEDIET4ALL Launches New Guide Promoting the Mediterranean Lifestyle for Better Health

## A practical resource combining Mediterranean-style eating and active living to support healthier communities across Europe

**15 June 2026**

The MEDIET4ALL project is pleased to announce the publication of its new educational guide, "**Living the MEDLifestyle: Why Food and Movement Work Better Together**", designed to help citizens, health professionals, educators, and community organizations better understand the benefits of adopting a Mediterranean lifestyle.

More than a diet, the Mediterranean lifestyle represents a holistic approach to health that combines nutritious eating habits, regular physical activity, social connection, and sustainable daily routines. Drawing on recommendations from the World Health Organization (WHO), UNESCO, and recent scientific evidence, the guide highlights how healthy eating and movement reinforce each other to improve long-term well-being.

**The publication presents practical and accessible advice on:**

- Understanding the principles of Mediterranean-style eating;
- Integrating physical activity into everyday life;
- Reducing sedentary behaviour;
- Building sustainable healthy habits;
- Supporting cardiometabolic health and overall well-being;
- Adapting healthy lifestyle practices to different life stages and circumstances.

Recent scientific studies show that individuals who combine higher adherence to Mediterranean dietary patterns with regular physical activity experience greater health benefits than those focusing on only one of these behaviours. The guide translates this evidence into simple, actionable recommendations that readers can apply in their daily lives.

"The Mediterranean lifestyle is not about perfection or restrictive rules. It is about creating sustainable routines where better food choices and regular movement work together to support health," explains the MEDIET4ALL consortium.

To encourage action, the guide also includes a practical 7-day challenge that helps readers take their first steps toward healthier and more active living.

Developed within the framework of the MEDIET4ALL project, this publication contributes to the project's mission of promoting healthier dietary habits and lifestyles while increasing awareness of the Mediterranean Diet as a valuable cultural and health asset across Europe.

**Full documents available at:** [https://mediet4all.eu/wp-content/uploads/2026/06/Living the MEDLifestyle Ebook3.pdf](https://mediet4all.eu/wp-content/uploads/2026/06/Living_the_MEDLifestyle_Ebook3.pdf)

## About MEDIET4ALL

MEDIET4ALL is a European initiative dedicated to promoting the Mediterranean Diet and Mediterranean lifestyle as tools for improving public health, fostering sustainable food habits, and preserving cultural heritage. Through education, awareness-raising activities, and stakeholder engagement, the project aims to make the benefits of the Mediterranean lifestyle accessible to all.

For more information about the project, visit the MEDIET4ALL website: [MEDIET4ALL | Embracing the Mediterranean Diet and Lifestyle](#)

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