

You

Move

Vividly

The absolute healthy lifestyle magazine



Issue 1, October 2020

Table of contents

1. *The secrets to longevity*, by Younes Hicor
2. *Event of the month: International Forum of Performance Arts*, by Vasiliki Tsaklidou
3. *SOAR Community - School of all relations*, by Myrsini Georgopoulou Shaqiri
4. Game of the week: *Is your lifestyle REALLY healthy?*
5. Recipe of the week: *Millet and tahini bars*

Younes Hicor

The secrets of longevity



Introduction

Growing older is a natural process for human beings, but getting old and feeling weak is a choice we make. We, as people, are able to age actively and remain strong and healthy for our whole life. The writer gives us a small insight into the situation in France, where people seem to reach a high rank of aging. What makes French people live so long? Let's find out.

France's secret to longevity

In France, as elsewhere, the secrets for living to 100 years and more seem to be the same: regular practice of physical activity, low cholesterol levels, controlled blood pressure. Optimism and joie de vivre also play a role in human longevity! A European study also indicates that a country's life expectancy also depends on its weather. This would be one of the reasons, researchers say, that longevity is high in Japan, "Okinawa doesn't know

winter." This hypothesis also explains why life expectancy is much lower in the north than in the south of France.

In terms of longevity, France ranks second in the world, just behind Japan.

Event of the month: **International Forum of Performance Arts**



Digital & Live performance - Video art

We visited last year's event of the INTERNATIONAL FORUM OF PERFORMANCE ARTS in Drama, Greece. This year, due to the unprecedented circumstances of the pandemic, the event was transferred to an online platform. One of our article writers, *Vasiliki Tsaklidou*, participated as a performance and had a virtual walk on the platform. We are lucky to have an insight to what happened last September and this September. Follow us...



by [Vasiliki Tsaklidou](#) on September 2020

64 artists in total from all over the globe took part into realising the 2nd International Forum of Performance Arts. A lot of movement, many different approaches in the concept of performing, and a lot of very creative ideas framed the online platform of the forum. The “Viewing Room”, as the platform was named, started airing on the 17th of September and stayed active until the 20th.

Apart from the viewing platform, there were two days of talks and conversations with specialists of the performance sector from Greece. Performers, directors, painters, poets and academics joined for a seminar that provided us with a lot of new perspectives on performance nowadays.

The choice of the theme of the 2nd International Forum of Performance Art, in a way was a continuation of the first Forum in 2019, titled: *"Return to the Body"* and at the same time a need to connect with the new reality. This reality caused by covid-19 produced a rift in the social and political realities while revealing the dynamics of bodies in living space, through their exclusion.

The body (the imaginary, the symbolic and the real) produces politics in the plural. It is the body's politics that are articulated in public space and its multiplicity. The representational logic of the body within the digital space, the cyberbody as politics of the body, a subject of metaphor, are no longer just reflections of the "broken mirror" of the living body in the present and in what arises as a demand for a profound change of life. The art of performance deals with the presence of the body and its politics, sometimes through its direct connection with the political and the space and sometimes with the poetry of a space where the body meets the political through its poetic presence. The politics produced by the intermediary in which the dialectic of the digital medium as "another body with the space and the physicalities that delete it highlights two "poles": the division (Bishop) and mood.



A moment of the last year's event in Drama, September 2019

Pictures &
TOP STORIES



Last year the experience was full, but the organisation team tried to keep all participants engaged this year too. “It is the only event of this kind in Greece and one of the few around Europe” comments Vicky Konstantinidou, one of the program’s Project Coordinators.

Take a quick look in some of the artists:





Koutli Efstathia
IFPA



Daniela Lucato
Sex in Translation
IFPA



[READ MORE ON THE FORUM'S WEBSITE](https://performanceforum.gr/)

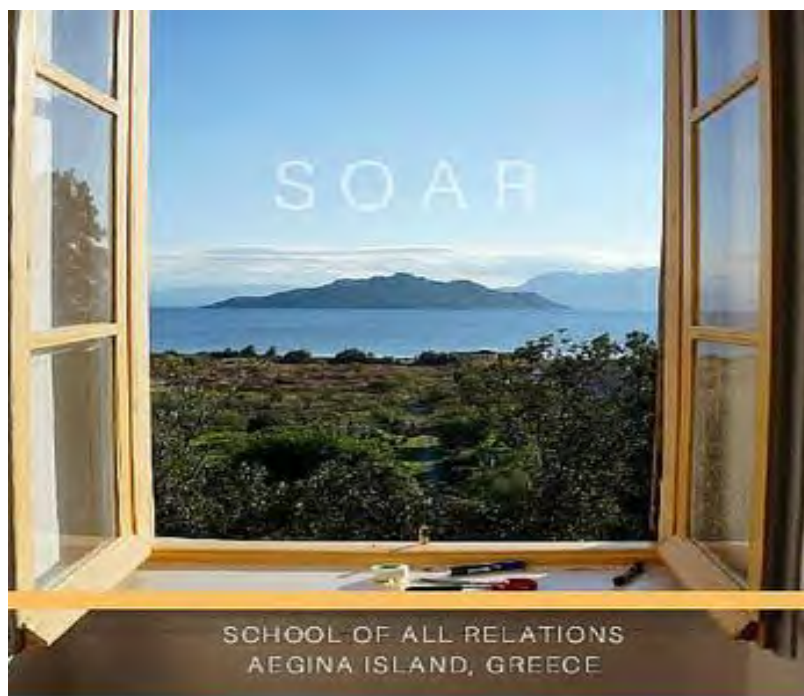
<https://performanceforum.gr/>

SOAR COMMUNITY SCHOOL OF ALL RELATIONS

By Myrsini Georgopoulou Shaqiri

On the Greek island of Aegina the SOAR project has started blooming. Soar is a community and school that involves body, heart, mind and spirit work. How do we relate to ourselves? To the others? To nature? These are the main questions that participants are invited to work on during this journey. If we go deeply inside ourselves and listen to our needs we can build healthy relationships with the people around us and not only. This journey starts in a wonderful old house in which the small community lives and practices. The nature around the place gives you the opportunity to explore the connection we have with it. You will have the time to come closer with nature through many different and interesting activities, meditations and techniques.

The journey starts there but never stops there!



SCHOOL OF ALL RELATIONS
AEGINA ISLAND, GREECE

GAME OF THE WEEK

Is your lifestyle **REALLY** healthy?

Answer the following questions and find out!!!



INTRODUCTION

Sometimes we think we follow a healthy way of living, but the truth may surprise you. We created this test, so that you can be able to see if your every day life habits are really beneficial for you or you may need to improve some of them. Let's start!!!

Question 1

What does your breakfast consist of?

- a. Oat with cereal and nuts
- b. Leftovers from last night's dinner
- c. What is breakfast? You mean coffee, right?

Question 2

How often do you exercise?

- a. At least three times per week
- b. Whenever I remember
- c. I walk every day to the kiosk to buy my cigarettes. Tha counts, right?

Question 3

What is your relationship with nature?

- a. I could sleep in the woods every night
- b. Maybe during vacation I can stand being in a natural habitant
- c. I like watching documentaries about it from TV.

Question 4

How do you hydrate yourself during the day?

- a. I drink at least three liters of water per day.
- b. Some water, if I remember, but basically with coffee.
- c. BEERS.

Question 5

How many hours do you sleep per night?

- a. At 23:00 the latest, I am in bed and enjoy some quality sleep.
- b. I try to sleep at least 6 hours.
- c. When the night falls, the party begins!

Results:

If most of your answers were:

A. You're a healthy lifestyle pro!

You know what you're doing when it comes to living a healthy life. Keep up going like this and you will live a long and healthy life! Just remember to give yourself a break sometimes!

B. You're in the middle of becoming a healthy lifestyle personality!

You know how to keep yourself going, but you lack knowledge on what is really beneficial for your body and mind. Try more to find out ways to follow a more healthy lifestyle, you're definitely going to make it!

C. You're in survival mode!

You're following a not so healthy lifestyle. Maybe it is time to reconsider some of your habits and make a change in your life, that will not only make you feel better, but will also keep you healthy and strong! You can do it!

RECIPE

Millet and tahini bars



Preparation **15 minutes**

Ready in **6-8 hours**

Portions **12-14**

Ingredients

- 200 g millet, raw
- 250 g dates, dried and pitted
- 200 g water
- 100 g tahini
- 1 teaspoon(s) salt
- 80 g almonds
- 30 g hazelnuts
- 40 g pistachios
- 30 g pumpkin seeds
- 1 tablespoon(s) sesame seeds

Preparation

- In a pot, boil the millet according to the packet's instructions. It will double in volume, so you will have 400 g boiled millet.
- In a bowl, soak the dates in water for 5-10 minutes.
- Line a 20x25 cm baking pan with parchment paper and set it aside until needed.
- Drain the dates by squeezing them well with your hands and pat them dry with kitchen paper, so to remove the excess water.
- Add them into a food processor and beat them well until they are completely pureed.
- Add the tahini, the salt, and beat until the ingredients are homogenized.
- Transfer the mixture to a bowl, add the boiled millet, and mix with a serving spoon until there is a soft dough.
- Add the nuts, the pumpkin seeds, the sesame seeds, and mix well.
- Pour the mixture into the pan, cover it with a piece of parchment paper, and press with your hands to spread it evenly into the pan.

- Transfer the baking pan to the freezer for 6-8 hours so that the mixture thickens well.
- Remove from the freezer and cut into pieces.
- Sprinkle with finely chopped pistachios and serve.

Tips

Serve with pistachios!

