

## 2020/2021- Interestelar Twalking Challenges

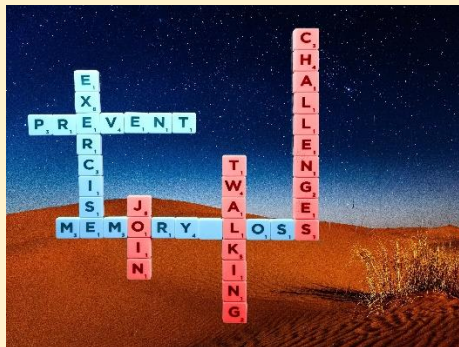
Health professionals passionate about sports and its benefits voluntarily organize virtual challenges specifically designed to boost the mental and physical health of its participants.

[Interestelar Twalking Challenge](#)

[Interestelar Twalking Resolutions](#)

[Interestelar Twalking Nature](#)

“Our objective is to establish healthy routines such as physical activity and socialisation to prevent two of the main threats challenging the health of our society: sedentary lifestyle and loneliness.



Clinical evidence shows that **physical activity reduces the risk of long-term chronic conditions** such as type II diabetes, cardiovascular disease and cancer **by up to 50%**.

A daily walk is enough to reduce your risk of developing hazardous conditions such as dementia, depression, anxiety and stress, and it also improves sleep quality.

To have strong social relationships, where families, friends and communities support each other, protects people at greater risk of loneliness from being abused.

[Health matters: physical activity - prevention and management of long-term conditions - GOV.UK \(www.gov.uk\)](#)