



XALTIVA

**THE BEST SMALL
INTERNATIONAL
KIDS SPORTS GUIDE
13-21 AUG. 2022**

@TEAMWORKING NGO



GUIDE DESCRIPTION

USEFUL?

**THIS GUIDE IS USEFUL FOR KIDS WHO
NEED IDEAS TO ENTER IN THEIR
DIGITAL SPORTS WORLD**



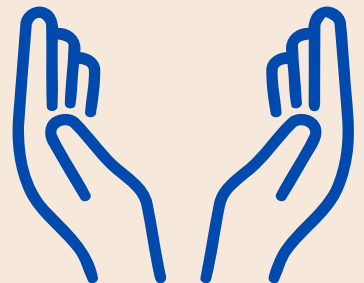
FOR WHO?



KIDS AROUND 10 TO 17 YEARS OLD

WITH WHAT?

**YOU JUST NEED INTERNET
CONNECTION AND A PHONE**



FOR WHAT?

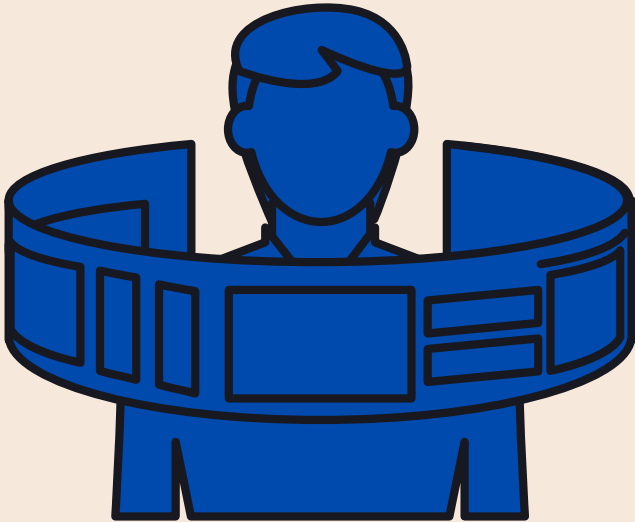


**YOU WILL HAVE FUN, WHILE LEARNING
SOMETHING NEW AND DIFFERENT. YOU
WILL ALSO BE HEALTHY**

CHAPTER 1

MULTIMEDIA SPORT ACTIVITIES

REALITY



DIGITAL



REALITY + DIGITAL



VIRTUAL REALITY



CHAPTER 1

MULTIMEDIA SPORT ACTIVITIES

PHYSICAL ACTIVITY

ANY BODY MOVEMENT PRODUCED BY
SKELETAL MUSCLES THAT REQUIRES
ENERGY EXPENDITURE



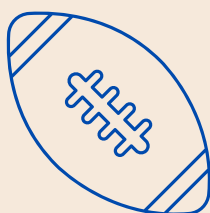
EXERCISE

PHYSICAL ACTIVITY PLANNED,
STRUTURED AND REPETTIVE THAT
SEEKS AN END



SPORT

EXERCISE WITH COMPETTTIVE
CHARACTER THAT REQUIRES TRAIN WITH
FREQUENLY, AND THAT IS REGULATED



CHAPTER 2

THERAPY OF THE MOVEMENT

DEFINITION: MOVEMENT THERAPY IS A PROCESS THROUGH WHICH A PERSON LEARNS TO REEDUCATE HIS OR HER BODY'S MOVEMENT AND IMPROVE ON PATTERNS OF MOVEMENT THAT CAUSE STRESS-RELATED EMOTIONAL CONDITIONS



YOGA IS A TYPE OF EXERCISE IN WHICH YOU MOVE YOUR BODY INTO VARIOUS POSITIONS IN ORDER TO BECOME MORE FIT OR FLEXIBLE, TO IMPROVE YOUR BREATHING, AND TO RELAX YOUR MIND.

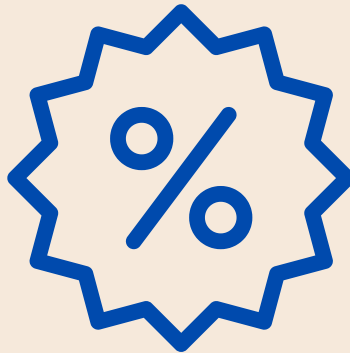
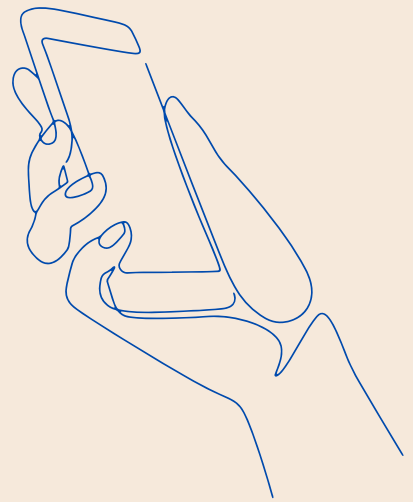
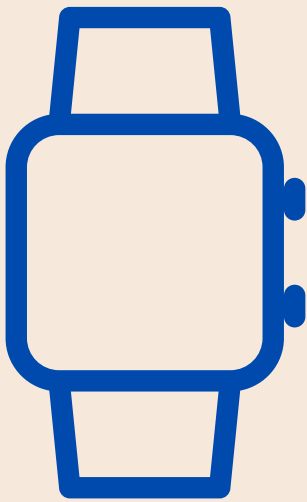
QIGONG IS A FORM OF TRADITIONAL CHINESE MIND/BODY EXERCISE AND MEDITATION THAT USES SLOW AND PRECISE BODY MOVEMENTS WITH CONTROLLED BREATHING AND MENTAL FOCUSING TO IMPROVE BALANCE, FLEXIBILITY, MUSCLE STRENGTH, AND OVERALL HEALTH.



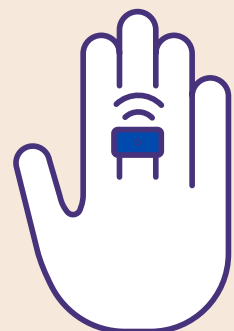
CHAPTER 2

THERAPY OF THE MOVEMENT

YOU CAN IMPEMENT THIS THERAPY BY
USING SMART DEVICES AND APPLICATIONS
SUCH AS:



STRAVA



CHAPTER 3

LIVE STREAMING

LIVE STREAMING IS WHEN THE STREAMED VIDEO IS SENT OVER THE INTERNET IN REAL TIME, WITHOUT FIRST BEING RECORDED AND STORED. TODAY, TV BROADCASTS, VIDEO GAME STREAMS, AND SOCIAL MEDIA VIDEO CAN ALL BE LIVE-STREAMED.

ALL YOU NEED TO START A LIVE-STREAM



CHAPTER 3

LIVE STREAMING

CONTENT IDEAS FOR LIVE- STREAMING

Q&A SESSIONS

**WORKOUT
SESSIONS**

**LIVE STREAMING
FROM EVENTS**

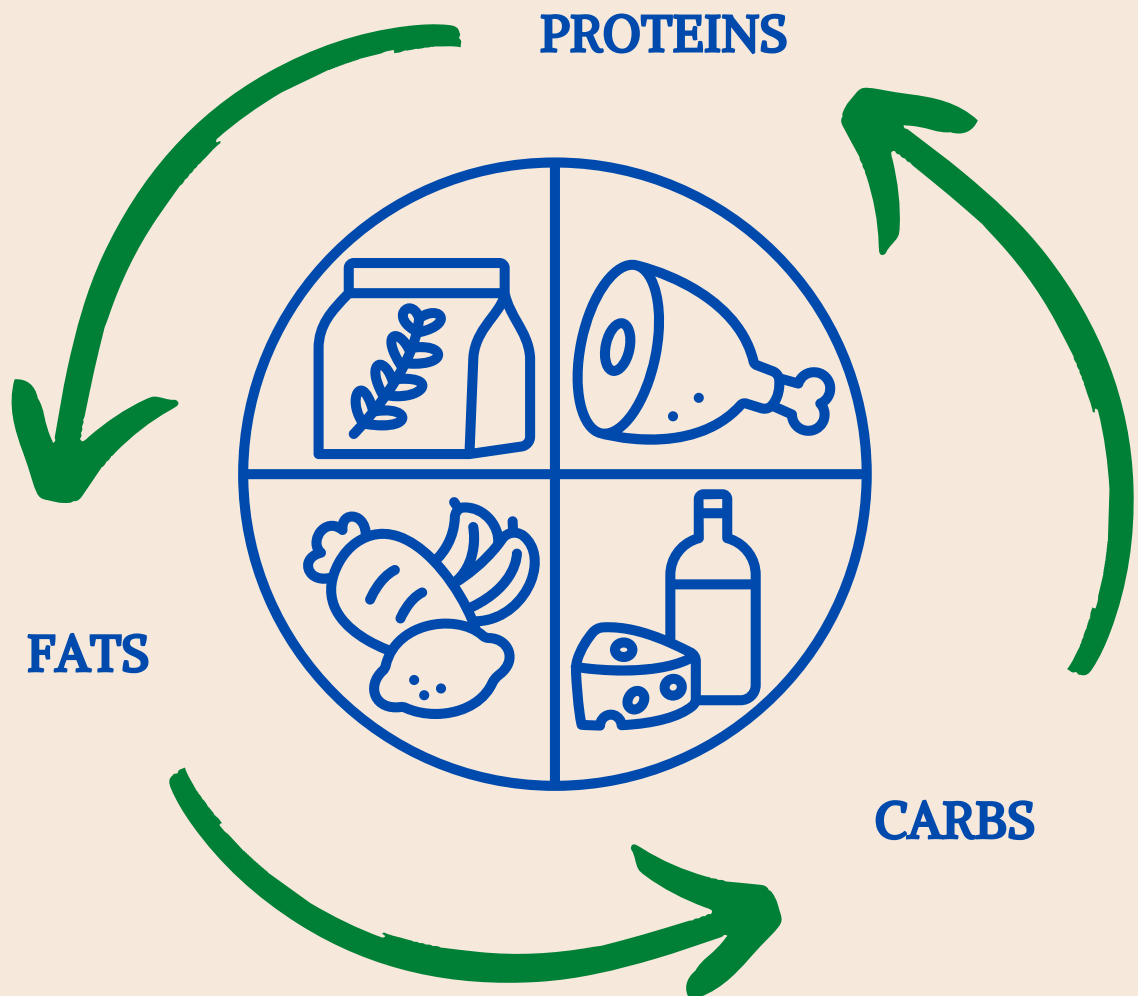
HOST QUIZZES

LIVE INTERVIEWS

**CREATE FUN
AND ENGAGING
LIVE STREAMS**

CHAPTER 4

NUTRITION

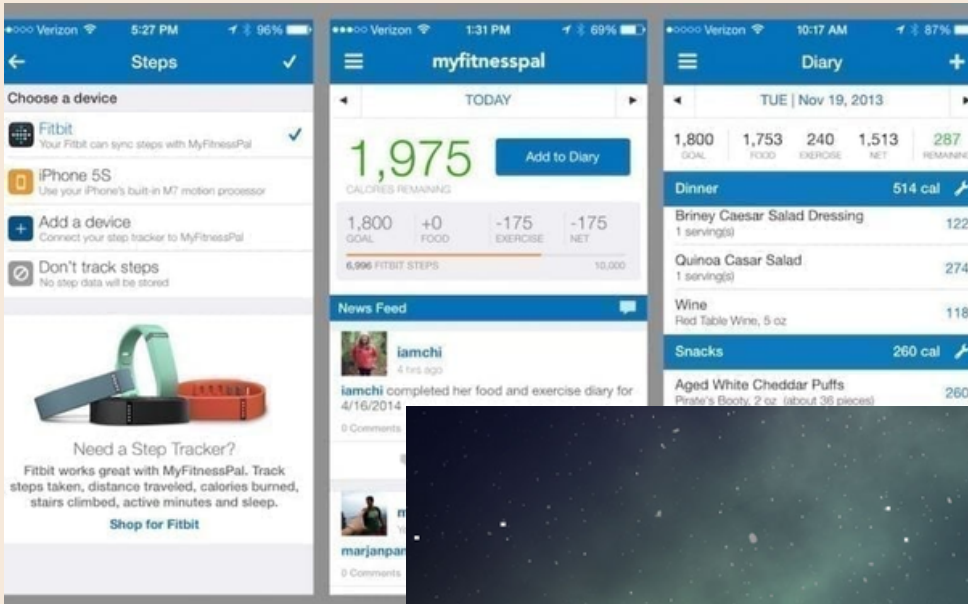


**BUT HOW YOU KNOW HOW
MUCH AND WHAT YOU EAT?**



CHAPTER 4

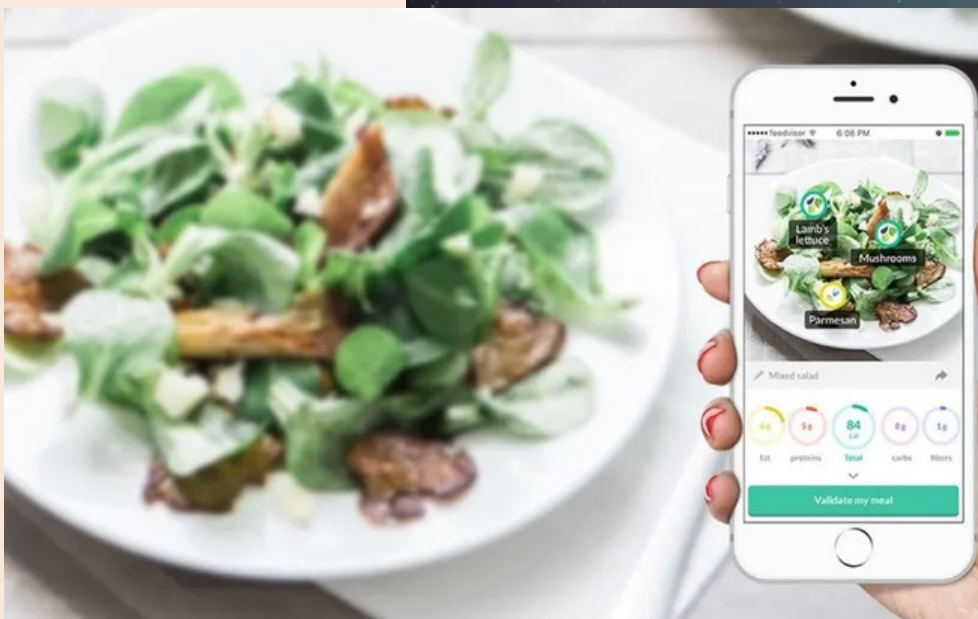
NUTRITION



FOODAi

Smart Food Recognition with the
state-of-the-art Visual Recognition
technology

[Try our Demo](#)



CHAPTER 5

LET'S DANCE

IF PANDEMY/BOMB COMES...



WE WILL DANCE



CHAPTER 5

LET'S DANCE

Wii

