

*your city
your environment
your activities
BE HEPNESS
inspire your health*



Healthy
Environment
Promotion and
Ecosystem Services
Support
for ACTIVE CITIES
development



**FREUDE.
JOY.
JOIE.
BONN.**



Armagh City
Banbridge
& Craigavon
Borough Council



Università
Ca' Foscari
Venezia



Erasmus+

Co-funded by the Erasmus+ Programme of the European Union

the project

HEPNESS establishes a transnational cooperation where cities, research and sport organizations advance new synergies to develop health and sport cities, enhancing cultural and natural assets and ecosystems services for the promotion of an active lifestyle.



Cities play a key role for enabling population to become more active. The goal of increasing physical activity must focus on a range of resources (parks, squares, green commons, streets, rivers, lakes, sea...). In this scenario, HEPNESS assumes an innovative holistic standpoint: focusing on ecosystems services for outdoor activities, providing several responses to current health, socio-economic and environmental challenges.

By providing methodological and practical tools, and by reinforcing the capacity of decision makers to define people centred policies and develop interventions for physical activities promotion that draw on the contribution of numerous sectors, HEPNESS generates new leadership for the promotion of health sport cities.

The HEPNESS Perspective and the Framework of practices are developed with the purpose of inspiring numerous cities to implement health-sport programs, and enhance recreational ecosystem services for active lifestyle.

4 objectives

Improving the **understanding** of the potentials and the benefits deriving from the active use of cultural and natural ecosystems for the promotion of active cities, healthy communities and sport lifestyles;

Improving institutional **capacities** to promote active lifestyle, and experiencing innovative schemes to **re-think** and **manage** cultural and natural resources with a sport perspective;

Inspiring numerous cities to implement health-sport cities, by promoting the sustainable use of recreational ecosystem services for a more active lifestyle;

Improving **awareness**, in order to stimulate decision makers to adopt health-sport viewpoint in the local development policies.

7 partners

Municipality of Vicenza - Italy

City of Bonn - Germany

Armagh City, Banbridge & Craigavon Borough Council - United Kingdom

Research Centre of the Slovenian Academy of Sciences and Arts, Anton Melik Geographical Institute (ZRC SAZU) - Slovenia

National movement Union for Development of Sport and Sports Culture (FOOTURA) - Bulgaria

Ca' Foscari University of Venice - Department of Economics (UNIVE) - Italy

Unione Sportiva Maria Ausiliatrice (USMA) - Italy