

Activity Report 2023.



Who We Are

“Zdrav život - KINEZIS” has been active since 2017. The approach of the Association is interdisciplinary and firmly based on MOVEMENT as an irreplaceable phenomenon and innate human need. That is why the projects run by the Association are based on the promotion of a healthy lifestyle and the importance of physical activity.

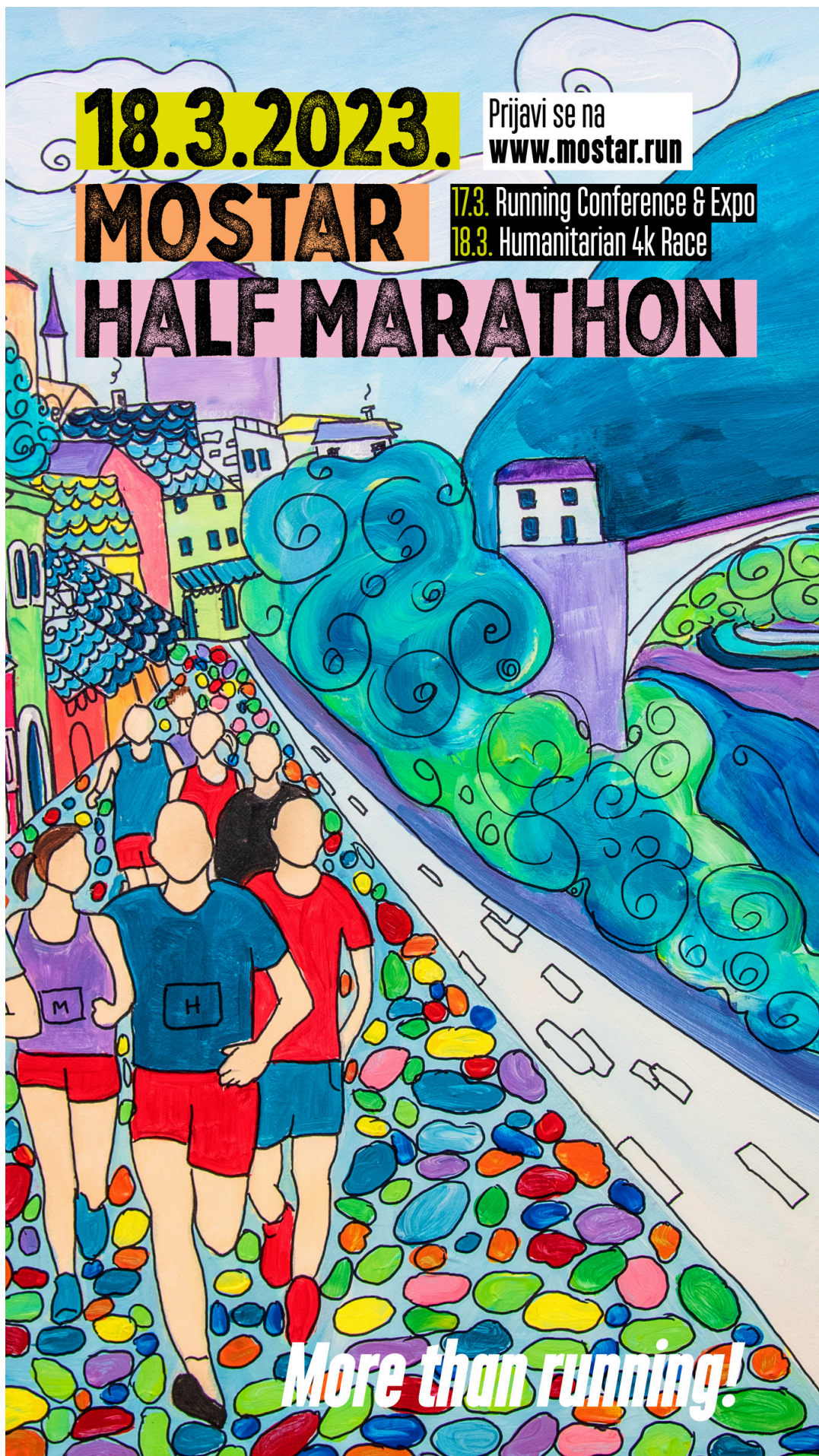
Our Mission

In modern living conditions, physical inactivity has become the 4 leading risk factor for mortality in the world (WHO). Through interdisciplinary programs, our mission is to bring the importance of movement to all age groups, both for physical and mental health, as well as for social well-being and quality of life.

Programs

The organization of mass sports events, participation in global sports initiatives, school sports, sports for people with disabilities, are the main topics of our activities.

Mostar Run Weekend 2023.



Mostar Run Weekend is held every year in the organization of the association Zdrav život – KINEZIS. Business people, young people, retirees, families and all walks of life are potential participants in the Mostar Run Weekend, which is the central recreational event of Mostar and Herzegovina and as such attracts a lot of media and public attention. The event is socially responsible in all its segments and sensitizes all layers of society. Although primarily a sports event, Mostar Run Weekend with its program content also covers the areas of EDUCATION (organization of professional conferences), TOURISM (participants come from more than 20 countries), CULTURE (race route passes by cultural sights of the city) and thus stands out as an interdisciplinary and socially responsible project.



The half marathon race is designed as a special racing postcard of the city of Mostar. The start of the race is from the bridge Vojno – Potoci. During the race, runners cross 6 city bridges, past the most beautiful parts of the city and natural and cultural sights. The race track is AIMS (Association of International Marathons and Long Distance Racing) certified. Every year, the humanitarian race of citizens in the length of 4 kilometers is organized with the aim of providing assistance to one of the target groups. This race attracts an increasing number of racing beginners of all ages, which further results in the development of the racing community and the promotion of an active lifestyle.



No Elevators Day 2023.



26 April 2023

IZABERI STEPENICE!

#UseTheStairs



Pokreni se!

Povečaj razinu svakodnevne
tjelesne aktivnosti!

Aktiviraj kardiorespiratorni
i lokomotorni sustav!

Korištenjem stepenica u svakodnevnom životu na jednostavan način osiguraj minimalnu razinu kretanja neophodnu za psiho-fizičko zdravlje. Svaki korak se računa!

Pridruži nam se na:

no-elevators-day.nowwemove.com

ISCA



#BEACTIVE



The association "Zdrav život KINEZIS" as the project coordinator for Bosnia and Herzegovina invites organizations, companies, public collectives, individuals to join the celebration of this day and be the initiators of positive social changes in a creative way. By joining and sharing your ideas on how to use the stairs, you will be involved in an international movement that shows how easy it is to get moving.



It is an annual global event held on the last Wednesday of April in Europe. The initiative was launched by ISCA - "International Sport and Culture Association" to raise awareness of the importance of physical activity in a simple way by motivating people to choose the stairs instead of the elevator in their daily life as a start to developing healthy habits and an active lifestyle.



Mostar Move Week 2023.



MOVE Week

22-27.05.2023

MOSTAR MOVE WEEK



Ponedjeljak 22.05.2023

- Penjački klub Neretva dan otvorenih vrata za djecu od 18h, za odrasle od 19h
- Outdoor Fitness by Ivana - Trimuša 06:00h
- Mali Most igre bez granica - Kantarevac 08:30h
- Uspon na Hum, spust preko Brkanovog brda - HPD Prenj 1933 17:00h
- Sanus Motus & Mostar Runners - Trimuša 20:00h

Utorak 23.05.2023

- Aerobik Outdoor by Master Fitnes - Trimuša 17:00h
- Tintilinić Romobil Kids 18:00h (Trimuša)

Srijeda 24.05.2023

- Outdoor Fitness by Ivana - Trimuša 06:00h
- Monte Kids Run - Zrinjevac 18.00h

Četvrtak 25.05.2023

- Zaveslaj sa lađarima - Mostarsko jezero 17:00-20:00h
- Šetnja za sve - Upoznaj Kop 18:00h

Petak 26.05.2023

- Outdoor Fitness by Ivana - Trimuša 06:00h
- Via ferrata Fortica 08:00h
- Fitness Challenge by Arena sport centar, Lets Go Fitness i Master Fitness 18:00h Plato Mepas Mall

Subota 27.05.2023

- Planinarski uspon Fortica - Brdsko-biciklističko udruženje MTBA 08:00h
- Rekreativno jahanje, Konjički klub Mostar 17:00h



MOVE Week is an annual European event traditionally held in May and has been an integral part of the NowWeMOVE campaign since 2012. With 1.8 million participants in 2015, MOVE Week has become the largest annual week in Europe promoting the benefits of regular sport and physical activity.



Association Zdrav život - KINEZIS, as the coordinator of this project for Bosnia and Herzegovina, together with the City of Mostar and partner organizations prepared "Mostar Move Week" as the largest event of its kind in Bosnia and Herzegovina.

Monte Kids Run 2023.



The organization of the MONTE race for children aims to develop the habit of physical exercise and an active lifestyle among the youngest. Contrary to the negative practice in which sports are often reserved only for the best, the meaning of this race is to encourage all children to engage in sports activities.



Accordingly, more than 300 children who participated in this race were declared winners, received their medals and Monte awards. The race also had an inclusive character, and children with Down syndrome took part in it on an equal footing. The organizers emphasize that with this they want to send a wider message to sports clubs and the social community that sport and physical activity should not be the privilege of the fittest, but a means of support and development for all children.

Sport to Inclusion 2023.

SPORTOM DO INKLUZIJE

Saznaj više i
pridruži se na
www.kinezis.ba



The main goal of this project is to create an inclusive atmosphere between various social groups, especially marginalized ones, including people with Down syndrome, through training and involvement in sports and physical activity.

In addition to the sports training itself, educational workshops and lectures were also organized as part of the project, which were also open and free to all interested parties.



European School Sports Day 2023.

Europski ŠKOLSKI Sportski Dan



® *European*
School Sport
Day
Bosnia and Hercegovina



EUPEA
EUROPEAN PHYSICAL EDUCATION ASSOCIATION

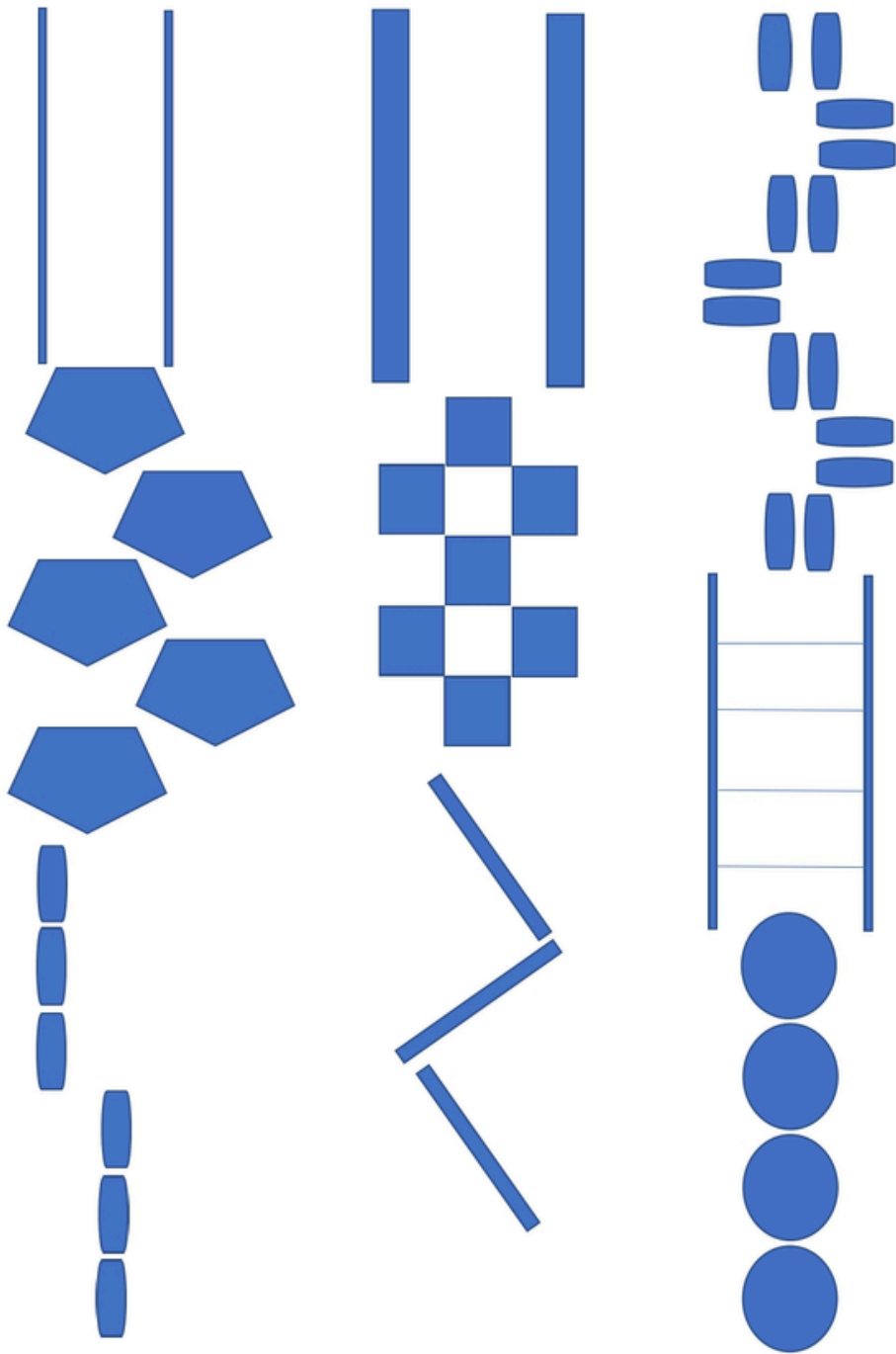
® *European*
School Sport
Day
Bosnia and Hercegovina

The European School Sports Day® (ESSD) is a pan-European initiative whose main goals are the promotion of sports and physical activity to improve health at the international level and the inclusion of as many children and young people, schools and organizations as possible in physical activity programs.



KINEZIS Association as project coordinator for Bosnia and Herzegovina aims to encourage TK teachers at all levels of education to participate in the celebration of the "European School Sports Day" through the organization of school sports competitions. The European School Sports Day is traditionally celebrated on the last Friday of the September.

School Sports Grounds 2023.



As part of the project "Mostar prostori koji pokreću" in cooperation with the association "Nešto više" we created polygons for the development of basic motor skills in children. The idea of the polygons themselves is to encourage schoolchildren to move and be physically active in their free time in a simple and interesting way. One of the goals is to create content in the first grades of elementary school that can be used by teachers and in this way raise the quality of physical education teaching. Practical workshops were held as a demonstrative example of the use of the polygon.

The goal in the coming period is to draw polygons in all primary schools in the Mostar area!



Financial situation in 2023.

The continuous growth of the association in organizational and programmatic capacity in 2023 was also reflected in the financial situation through membership, an increased number of partners, and public and private sector support for our activities.

In 2023., the Association achieved a total income of 146.625,00BAM. Which is a growth of 15.74% compared to the previous year!



On the financial side, we are most pleased with the active social donation through the organization of the "Humanitarian running race" realized as part of the Mostar Run Weekend. From the collected funds for the realization of the race, we donated the amount of 13,860.00 BAM to the center for children and youth with developmental difficulties "Los Rosales" Mostar.

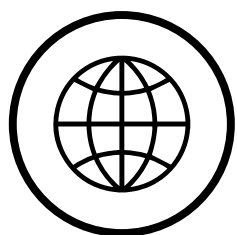
Partners and sponsors in 2023.



We are proud of all our partners and sponsors, without whom we would not have succeeded in realizing our activities.

THANK YOU!

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Udruga Zdrav život - KINEZIS



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Mostar, januar 2024.

**President of the Association
Franjo Lovrić**

