

Visit on workout studio – Chris André

| This centre is mostly for people who are able to train. We want people to be able to take care of them selves and not be dependent of too much help. But if a person needs special help we can help them. We can make a training program for them, and make sure they train what they should. If we see that the person really needs special help we can suggest that they should visit a rehab centre, we can suggest personal trainers or we can tell them to visit a doctor if the person have big problems.

All of our members get free help whenever they want. Our personal trainers advice them, on how they should exercise. We adjust the program for each and one. If we see people work out the wrong way, we help them and tell them how to use it.

Both exercising and eating healthy is important. You can exercise and eat unhealthy, but then you won't see any results. Some of our personal trainers also help our members with food habits, and we also have an internet page. On this page people who pay for it can ask questions, list their groceries and so on.

We sell proteins at this studio. It is easier to take a protein bar after training than going home and prepare a dish that contains proteins. But still, it is better to have the proteins the normal way. There aren't side effects, if so you have to eat very much. Everyone who is exercising to see great results should be sure to have proteins one way or an other, because our muscles contain proteins.

Steroids provide your body with hormones you shouldn't use. It forms the muscles, and you see early results. When you stop steroids, the muscles get deformed. The muscles you achieve are real, and just as strong as normal muscles. There are several side effects, such as the inner organs get damaged, impotence, hair loss, aggression and son on.

It is 50/50 between boys and girls on the training centre, but the different genders do different types of exercising. The males mostly do body building, as well as spinning and some running. The females are mostly in groups, doing for example aerobic.

I recommend people to exercise 2-3 times a week if you are new. They should have a focus on the whole body as a unity, not just one muscle at a time.

Interview with a teacher about his tatoos

Mario was 18 with his first tattoo, a yin-yan tattoo on his right shoulder, a basic place for tatoos. He got it as a Birthday present and he took the symbol because he believes in the balance and the contrasts. The second one is a smiley on his right arm, which is standing for his happiness and his positive mentality. Every person greeted by him can see it and know his attitude. The third one is his star sign, a Sagittarius, printed on his ribs.

He usually got his tatoos from abroad, like Buenos Aires or Latvia because of the price. He knows the risk of an infection, but he doesn't really care about it.

Every tattoo has a special meaning for him, is a part of his identity, a special symbol for something important in his life. He wouldn't remove it, but he understands people who are doing it, especially when they remove names.

Mario would only tattoo names of blood-related persons, but he thinks the next tattoo is going to be one of his favourite flowers or a Japanese symbol placed on his back or covering his whole arm. Maybe it would be with colours, but he would never tattoo

something under the belt area, and he would never tattoo something which he doesn't think is looking good.

One of his friends has a tattoo on his butt, a face drawn by another friend as a result of a bet, but he thinks the tattoos have to be personally and are part of the own identity.

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Results of the questionnaire on food from the website of the project

8. Do your parents work?

Germany: 75% - both parents work

Italy 75 % - both parents work

Norway 87 % - both parents work

Spain – 35 % - both parents work

Finland – 95 % - both parents work

10. Are you allergic to any particular food?

Germany: 85% - not allergic

Italy: 88% - not allergic

Norway: 84% - not allergic

Spain: 75% - not allergic

Finland: 65% - not allergic

18. Does consumerism have any environmental effects?

Germany: 55% - Yes, it has heavy environmental effects

Italy: 65% - Yes, it has heavy environmental effects

Norway: 57 % Yes, it has heavy environmental effects

Spain: 78 % Yes, it has heavy environmental effects

Finland: 62 % Yes, it has heavy environmental effects