

## **The Igoid Group develops the "ACTIVE HEALTH" protocol in the city of Quintanar de la Orden to 400 child athletes.**

The City Quintanar de la Orden, aware of the importance of the health of its children and youth population that sports in the Sports Schools, has reached a collaboration agreement with IGOID-SPORTEC (spin-off of the University of Castilla- La Mancha) for the implementation of the ACTIVE HEALTH SPORTEC Protocol to the members of the Sports Schools in their different modalities.

This Protocol seeks to perform a sports health survey that includes several tests, including a measurement of the percentage of fat and muscle mass, the assessment of physical condition through tests of strength and endurance, balance and postural control with pressure platform and respiratory capacity by spirometry. In addition, a simple evaluation of eating and nutritional habits will also be included.

Throughout this month of January and beginning of February, around 400 children from the Sports Schools of Quintanar de la Orden will be recognized and evaluated by professionals and experts from IGOID-SPORTEC.

Once the recognition is finished, the participants and their families will receive an individualized report with the data obtained from each of the tests carried out, as well as a series of general recommendations regarding each parameter and Access to the project's web platform, where individual results can be analyzed and compared with other sports or populations.

In addition, a global report of all athletes will be delivered, as well as the parameters of the tests to the City Council, to know first-hand the status of their Sports School.

In this way, in addition to the security that it implies for the fathers, mothers and / or guardians of the young athletes, knowing first-hand the health status of their children, Quintanar de la Orden becomes a municipality at the forefront in matters promotion and evaluation of health oriented physical condition, being part of the ACTIVE HEALTH SPORTEC network.

For more information about the protocol here: <http://igoidsportec.com/active-sporthealth/>