

The Student Activity Group "Life4U" has been operating since the second half of 2020 at the Institute of Sport and Physical Culture. The GAS mentor is prof. WSG Aleksander Skaliy (aleksander.skaliy@byd.pl). The aim of the group's activities is to increase physical activity and broadening the knowledge of healthy lifestyle. The founders of GAS were students of physical education, the area of fitness studies and dietary counseling, but over time the number of members increased, and the team also included people from other areas of study. The chairman of GAS is Kseniia Vereshchak, a 1st-year student of second-cycle studies in the field of Tourism and Recreation. The group's representatives are active participants in numerous conferences, where they present their projects, gain knowledge, and then publish scientific papers. Numerous studies have been carried out, both domestically and internationally, which are waiting for a scientific publication in an international journal. GAS develops its activities by establishing cooperation with employees of WSG and with organizations such as the Active Rehabilitation Foundation - Kujawsko-Pomorskie region and joint implementation of projects. The group is also active on websites such as Instagram and Facebook. In the plans for the 2020/2021 academic year, students of this Group have to promote health through social media (FB, INSTAGRAM, YT), search for new Life4U members, run a YouTube channel "You can exercise anywhere. The worst training is the one that did not take place ", organization of an on-line scientific conference on April 7, 2021 (Health Day), examination of posture defects in preschool children, participation in international, national and foreign scientific conferences. Research is planned: the impact of the Covid virus on the work of doctors, the impact of modern technologies on the lifestyle of adults, the awareness of Poles (adults) of the need to lead a healthy lifestyle, lifestyle of people of the "third age"