



SPORT LIVE

SUD and addiction | mental health | young people at risk of social exclusión | longevity

**A social and impact Foundation
committed to maintaining an
active and healthy community
through exercise and sport.**

WHY sport2live

- We improve people's health and wellbeing.
- We believe sport is health. ***Exercise is medicine***
- We believe exercise and sport as agents of change.
- We facilitate the acquisition of healthy routines.
- With a METHOD it facilitates the transfer of sport skills to life skills.

WHY sport2live

- Aimed at promoting recovery, rehabilitation and integration processes for individuals.
- We believe in the value of shared information.
- We provide online feedback to the therapeutic teams involved in the recovery processes of people with mental health disorders.
- We measure and evaluate our methodology with KPIs that allow us improve every day.

WHY sport2live

- With a team of trained sports professionals with a degree in physical activity and sports science, who are committed and motivated to helping people.
- We believe in cooperation and are part of the We Mind Cluster (Catalonia Mental Health Cluster), the Catalan Drug Addiction Federation, the Catalonia Mental Health Federation (SMC) and Exercise is Medicine (USA).

WHY sport2live

- We are a non-profit organization and we are driven by helping people.
- More than 2,000 people train every week in our more than 100 sports programs.
- More than 90 institutions trust in us.

Impact

118

Health, exercise, and sports programmes.

More than **102 sports programmes** across Spain.
28 programmes in therapeutic communities and supported housing.
7 community reintegration programmes (referrals from CSMA and CAS services).
57 programmes in mental health units (acute care, rehabilitation, eating disorders, ASD, PEP, UCA, day hospitals, etc.).
10 programmes for young people at risk of social exclusion.

273

Recovery Team

We collaborate with and provide **daily reports to more than 270** therapists and multidisciplinary professionals, including:
Psychiatrists · Psychologists · Occupational Therapists · Social Educators · Nutritionists · Social Workers · Nurses · Counsellors · Addiction Therapists · Recovery Coaches

+2.100

People trained every week

73K

2025: Sports-based interventions Delivered.

126

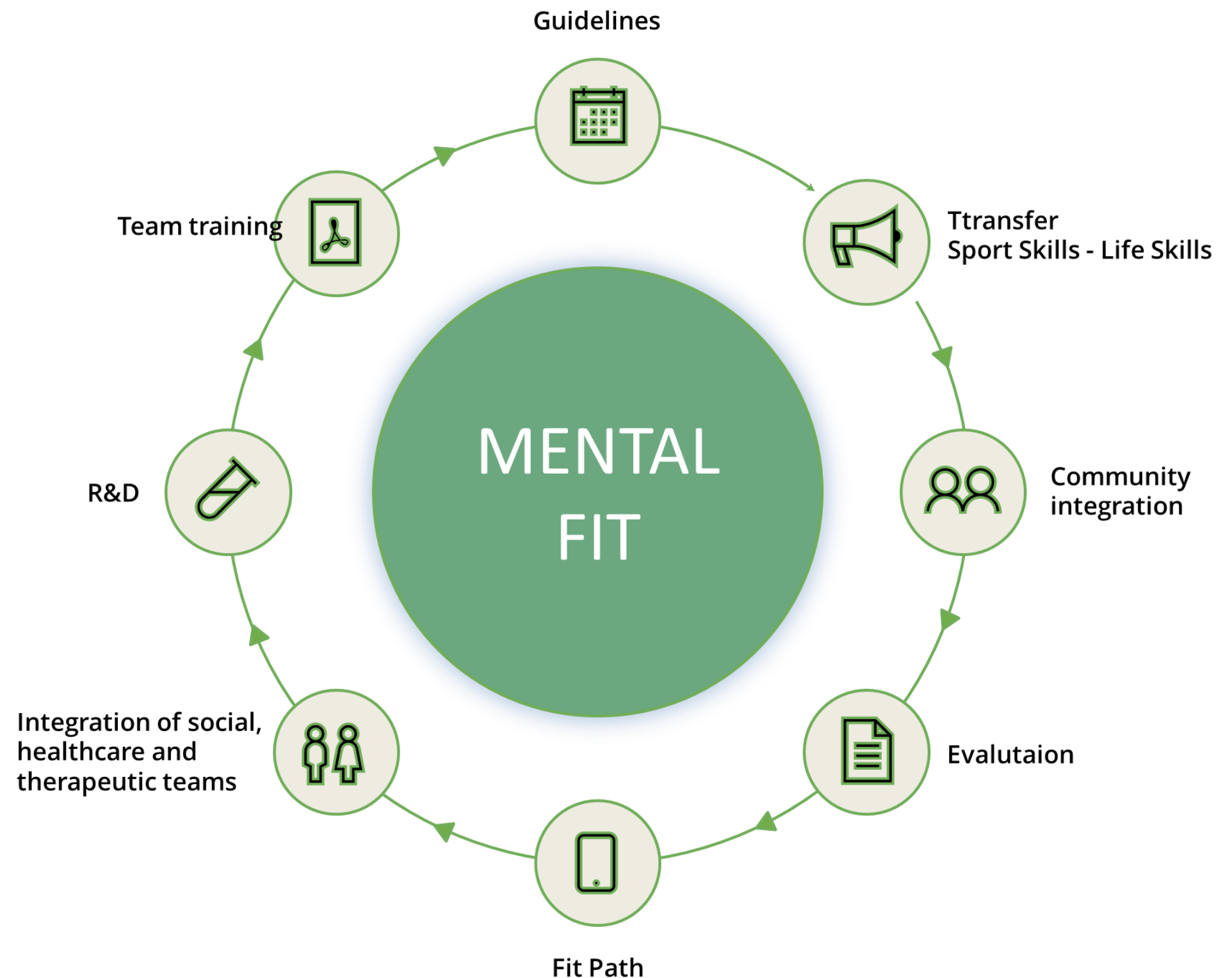
Community Integration

We train **more than 2,100 people every week** in the fields of mental health, addictions, intellectual disabilities, and young people at risk of social exclusion, with the aim of:
Improving their health and quality of life.
Supporting their recovery process.
Promoting an active lifestyle.
Facilitating community integration through local sports clubs.

126 people integrated into their communities through local sports clubs.

How we work - MENTAL FIT®

Mental Fit® is a methodology for improving health through exercise and sports programmes. Mental Fit® works in eight dimensions. A guideline (days, sessions, intensity of each session, activities, sports, etc.) that promotes recovery and improved health, the Sport Skills transfer model - Life Skills transfer model, actions that promote the community integration of participants, programme evaluation, the Fit Path app for online monitoring and providing information to social-health and therapeutic teams, information transfer and integration of social-health teams, research and improvement, and training of the sport2live team.



GUIDELINES

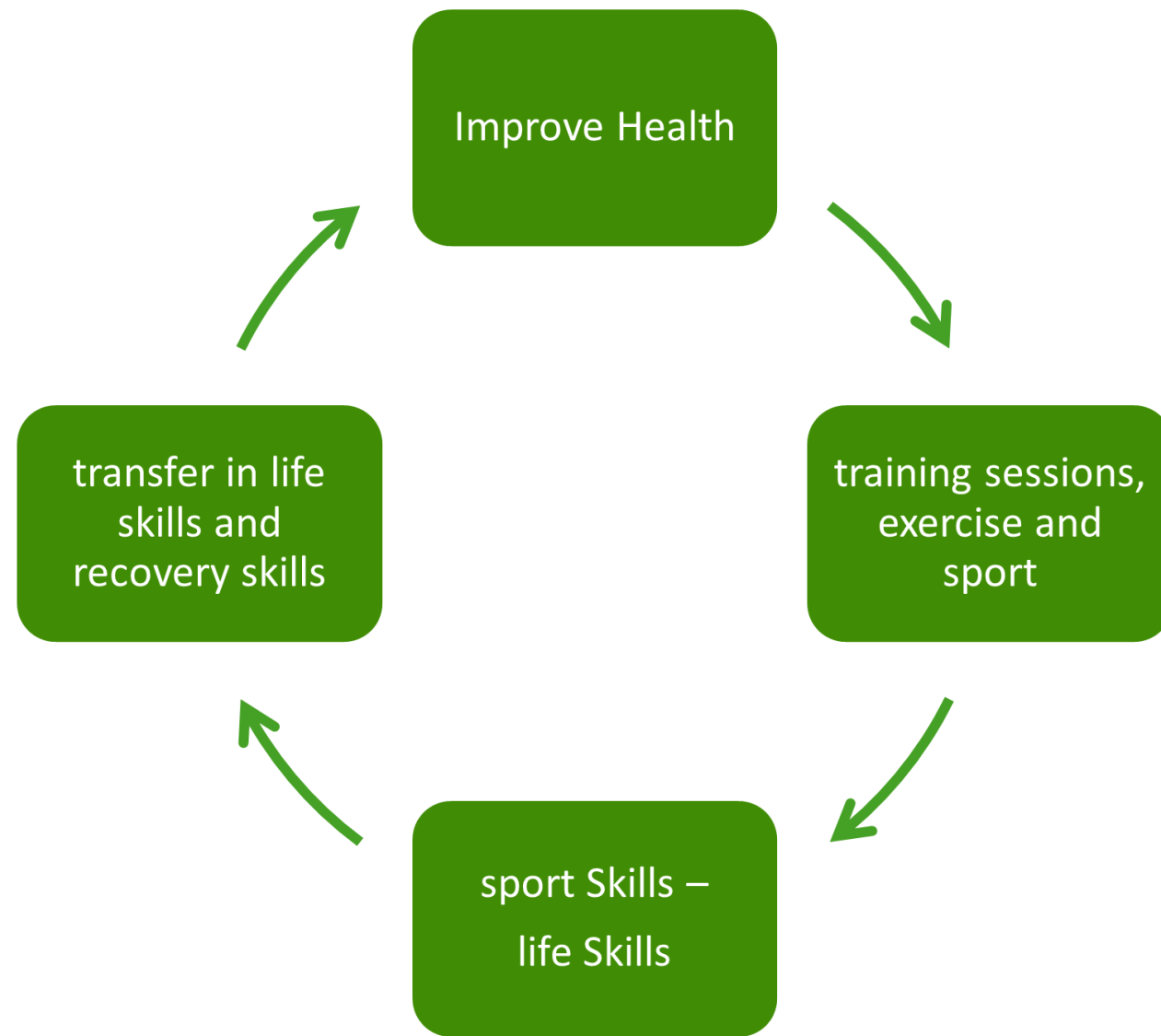


The WHO recommends that people over 18 years of age should have a minimum of 150 minutes of moderate-intensity physical activity per week.

- Programs of 2 to 5 days a week, 60 to 90 minutes per session.
- We combine strength training with sports activities and cooperative games
- Intensity: Between 4 and 6 Mets* of intensity, depending on the needs of each person and each group

**1 MET is the rate of energy consumption in the responsive state. It has been conventionally set at 3.5 milliliters of oxygen per kilogram of body weight per minute.*



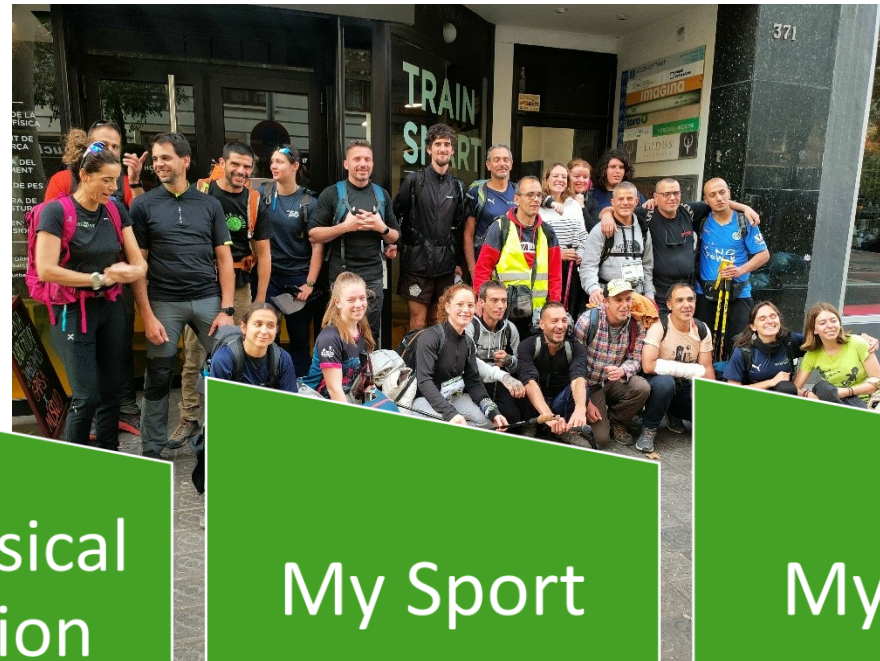


TRANSFER

The WHO defines life skills as the ability to achieve adaptive and positive behavior, enabling individuals to effectively cope with the demands and challenges of everyday life.

- Promote the transfer of skills acquired during training (sports skills) to life skills.
- Erasmus+ (RTS+, Race4Life))





My physical
condition

My Sport

My Club

COMMUNITY INTEGRATION

The community integration process consists of three linear or non-linear phases that must be achieved with the initial objective of introducing physical exercise into people's lives until it becomes a habit and a lifestyle.

- PHASE 1 My Physical Condition: introducing people to the world of physical exercise, creating motivating strategies to continue and breaking down barriers to sport.
- PHASE 2 My Sport: Identification of each user's sport preferences.
- PHASE 3 My Club: Community integration into a local club.



EVALUATION



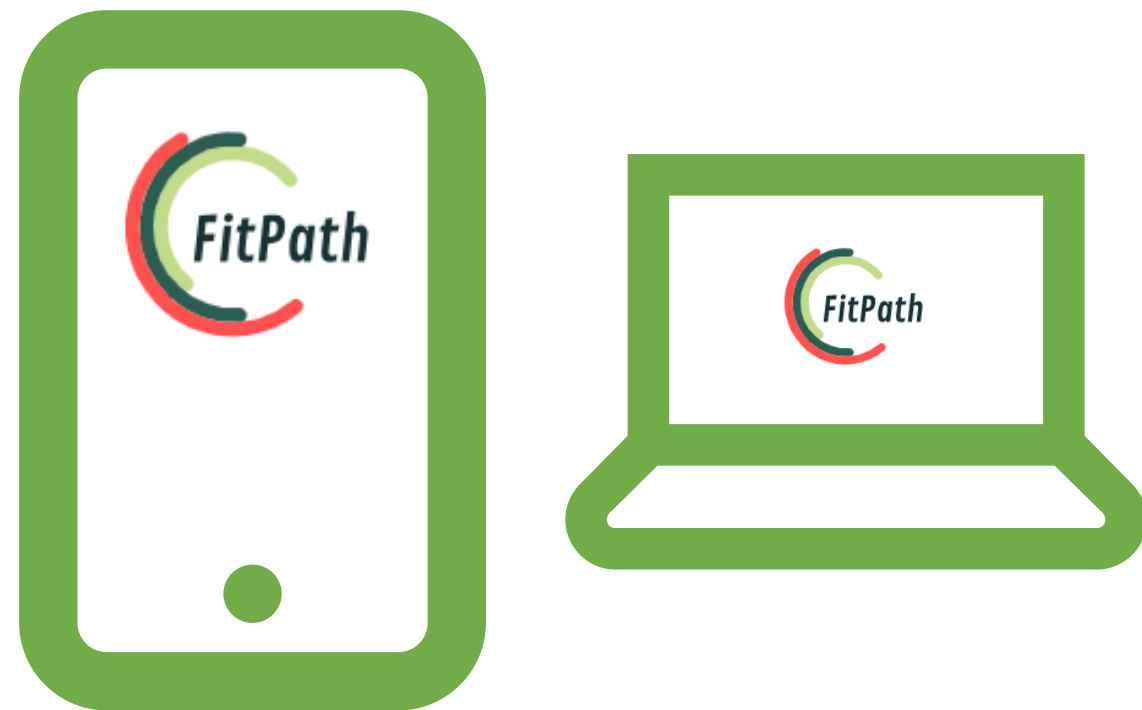
Evaluation of the effectiveness of physical exercise and sport programs as a tool for improving recovery processes and analysis of their implementation and proper functioning. Evaluation indicators:

- People registered for the activity
- People attending the activity
- CF test + WHOQOL-BREF + IPAQ
- Customer satisfaction index (survey)



FIT PATH (currently only in Spanish)

A digital tool that connects the flow of information between professionals in the socio-health field and professionals in physical activity and sport to monitor therapies through physical activity



- Application for coaches: session report, session creation, etc.
- Application for participants: training schedule, experience schedule, session evaluation, etc.
- Website: For therapists: daily reports of referred patients
<https://fitpath.qualud.com/dashboard>
- Dashboard: program information that allows session tracking



INTEGRATION OF SOCIO-SANITARY TEAMS



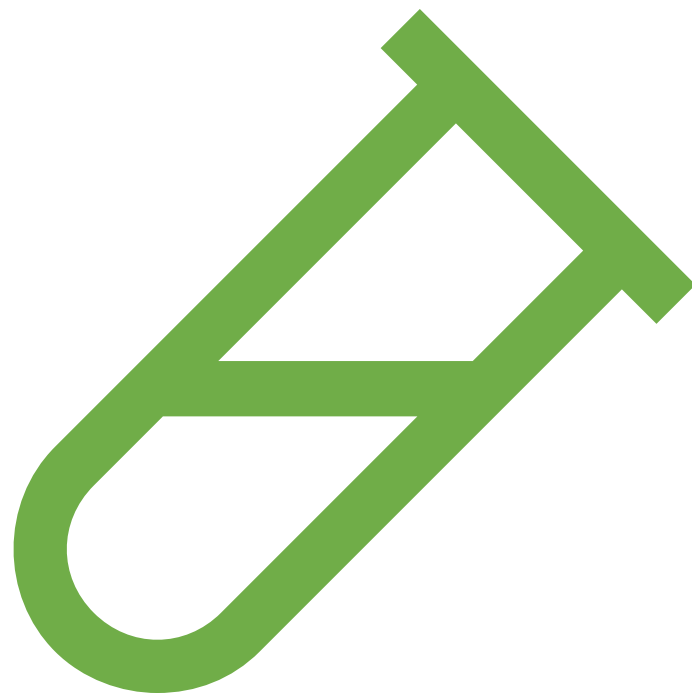
Multidisciplinary teams comprised of members from the social and healthcare team and the sports team, with the aim of aligning therapeutic work objectives and monitoring programs and sessions. Therefore, establishing roles of responsibility within both areas:

- Sports coordinator of the physical exercise program and socio-health officer of the program
- Coach and group leader

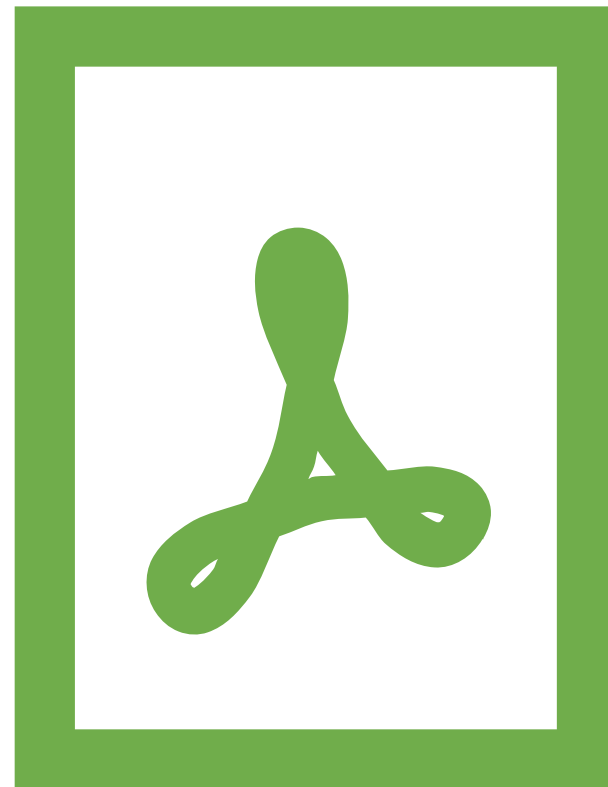
RESEARCH AND IMPROVEMENT

Research department: development of knowledge from its own research or with support from other entities:

- Own investigations
- Be part of research teams
- Support for research, with the creation of physical exercise analysis programs
- Participation in Erasmus+ European projects



SPORT2LIVE PROFESSIONAL TRAINING

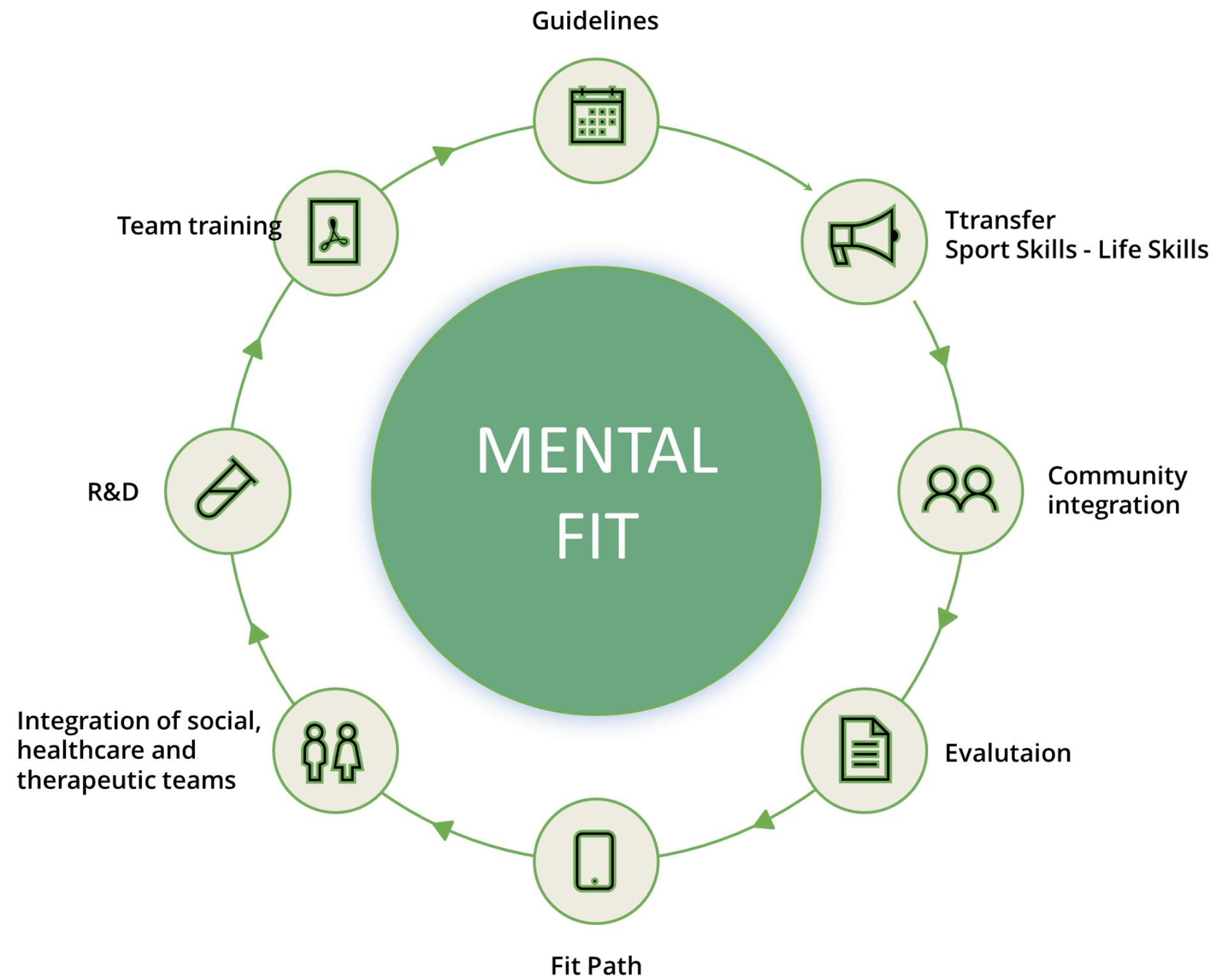


The entire team of coaches holds a university degree in Physical Activity and Sports Sciences, but at sport2live they also receive training to specialize in addiction and mental health work.

- Module 1: Profile and needs of people with addiction problems
- Module 2: Profile and needs of people with severe mental health problems
- Module 3: Methodology for young people at risk of social exclusion
- Module 4: Mental Fit Methodology

How we work - MENTAL FIT®

Mental Fit® is a methodology certified by COPLEFC for improving health through exercise and sports programs.



How we work - Quality & Certifications

Accredited since 02/10/2023 with the seal of guarantee and excellence of the College of Professionals of Physical Activity and Sport of Catalonia.



Pere Manuel Gutiérrez
President COPLEFC

This certifies that sport2live has successfully completed the audit process for the Professional Sports Services Quality Seal. The COPLEFC Evaluation Committee certifies that it employs a methodology effective in achieving user results, as well as a tool to enhance professional performance, thus guaranteeing excellence in service delivery, which is reflected in the three-star rating, the highest possible score.



What do we do

- Health, exercise and sports programs that facilitate the recovery processes of people diagnosed with mental health problems with drugs and other addictions and/or young people at risk of social exclusion.
- Training: Strength sessions, sports, and cooperative games. Focusing sports programs on health. Exercise is medicine.

What do we do

- We adapt the maxim “*exercise is medicine*” to the 21st century (methodology, professionals, technology, knowledge transfer, etc.) and tailor made sessions to the expectations and desires of the participants.
- We align sports programs with the approaches of our collaborators and work closely with therapeutic, healthcare, and socio-educational teams.
- We provide relevant information to therapeutic teams using the Fit Path technology tool, which sends online reports of each person's sports activity to their therapeutic team.

What we do – Addiction Programs



-  Programas para colaboradores
-  Programas Inserció Catalunya - GenCat
-  Programas Wellness Barcelona

Clinica Galatea

Fundació Salut i Comunitat

- Riera Major
- Can Col

Grup ATRA

- La Coma
- Can Serra
- Can Prat

Can Calau

Zeus Cetro

Zeus Corona

Projecte Home

- CT Montcada
- Centre de Dia Montgat

AAT

- Igualada
- Hospitalet del Llobregat

Arbor (Madrid)

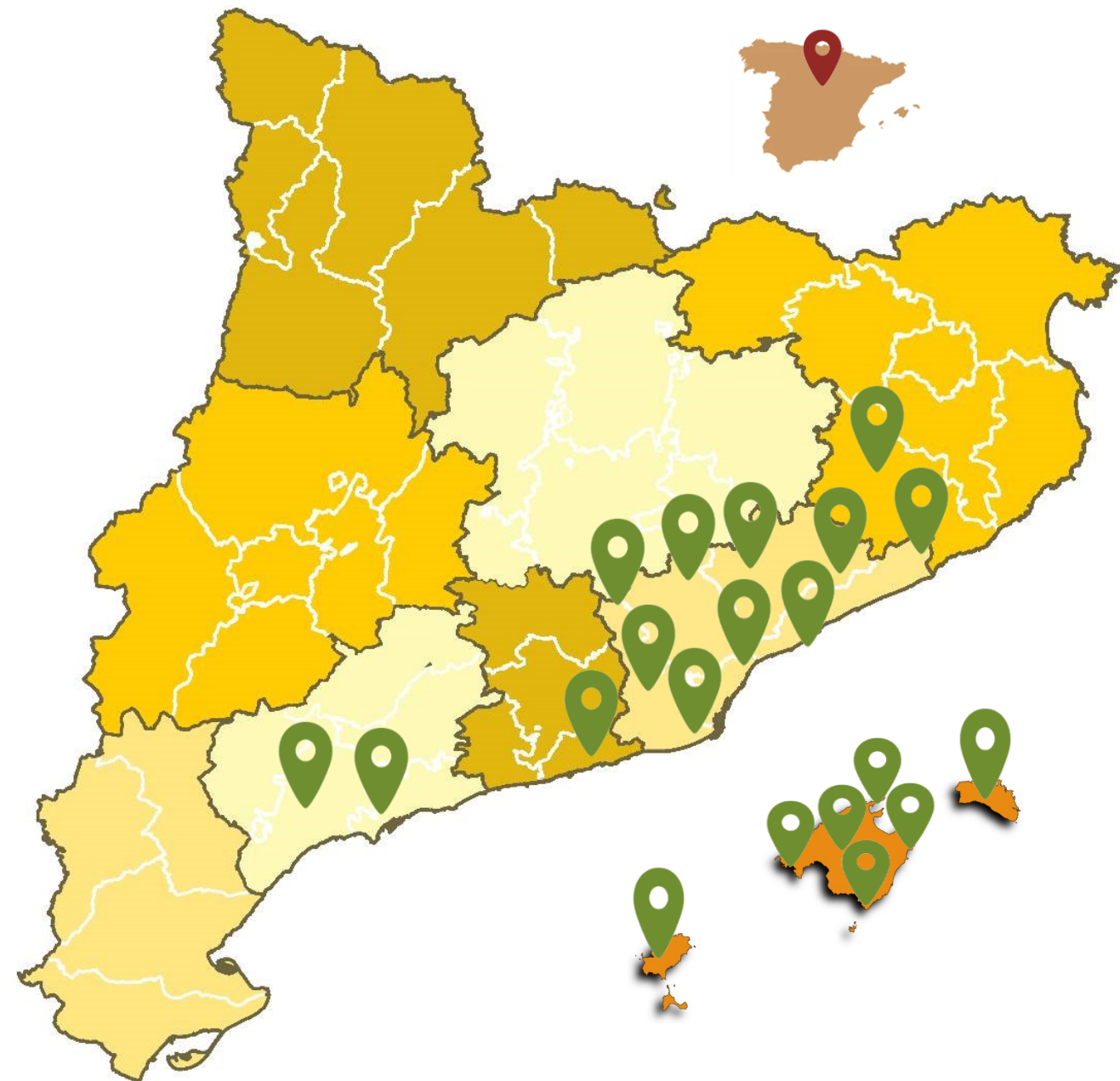
Inserció Catalunya (Generalitat de Catalunya)

- Hospitalet
- Granollers
- Terrassa
- Manresa
- Sabadell

Wellness Barcelona (Ajuntament de Barcelona)

- CAS ciutat de Barcelona
- CSMA Ciutat de Barcelona
- HD Hospital Sant Pau

What we do – Mental Health Programs



CPB

- Llar residència Lluria

Germanes Hospitalaries

Benito Menni

- UCA
- Patologia Dual
- Sub Aguts
- Mille
- Discapacitat Intel·lectual
- Llar residencial – Hospitalet.

Germanes Hospitalaries

H. Sagrat Cor Martorell

- Unitats de rehabilitació

Pere Mata

- Hospital de dia Tarragona
- 1er Ep. Psicotics – Reus
- Esquizofrenia i TEA (2023)

Parc Tauli

- SRC

Parc Sanitari Sant Joan de Deu

- SRC

Hospital Sant Joan de Deu

- Unitat Acompanya'm

Hospital Clínic de Barcelona

- Unidad de 1os Episodios psicoticos

Hospital San Rafael

- Agudos
- Hospital de dia

Fundació Vidal i Barraquer

Fundació FC Barcelona

- CSMIJ
- Hospital de dia infanto-juvenil

Badalona Serveis Assitencials

- CSMIJ
- CSMA
- Hospital de Dia
- SRC

IB Salut (Illes Balears)

- HD Inca
- HD Son Llàtzer (Palma)
- HD Ciutadella
- HD Eivissa
- HD Mao
- Manacor
- Son Espases (Palma)

Hospital Fuente Bermeja (Burgos)

- Hospital de Dia

Taula Salut Mental les Corts

- Activat&Emocio

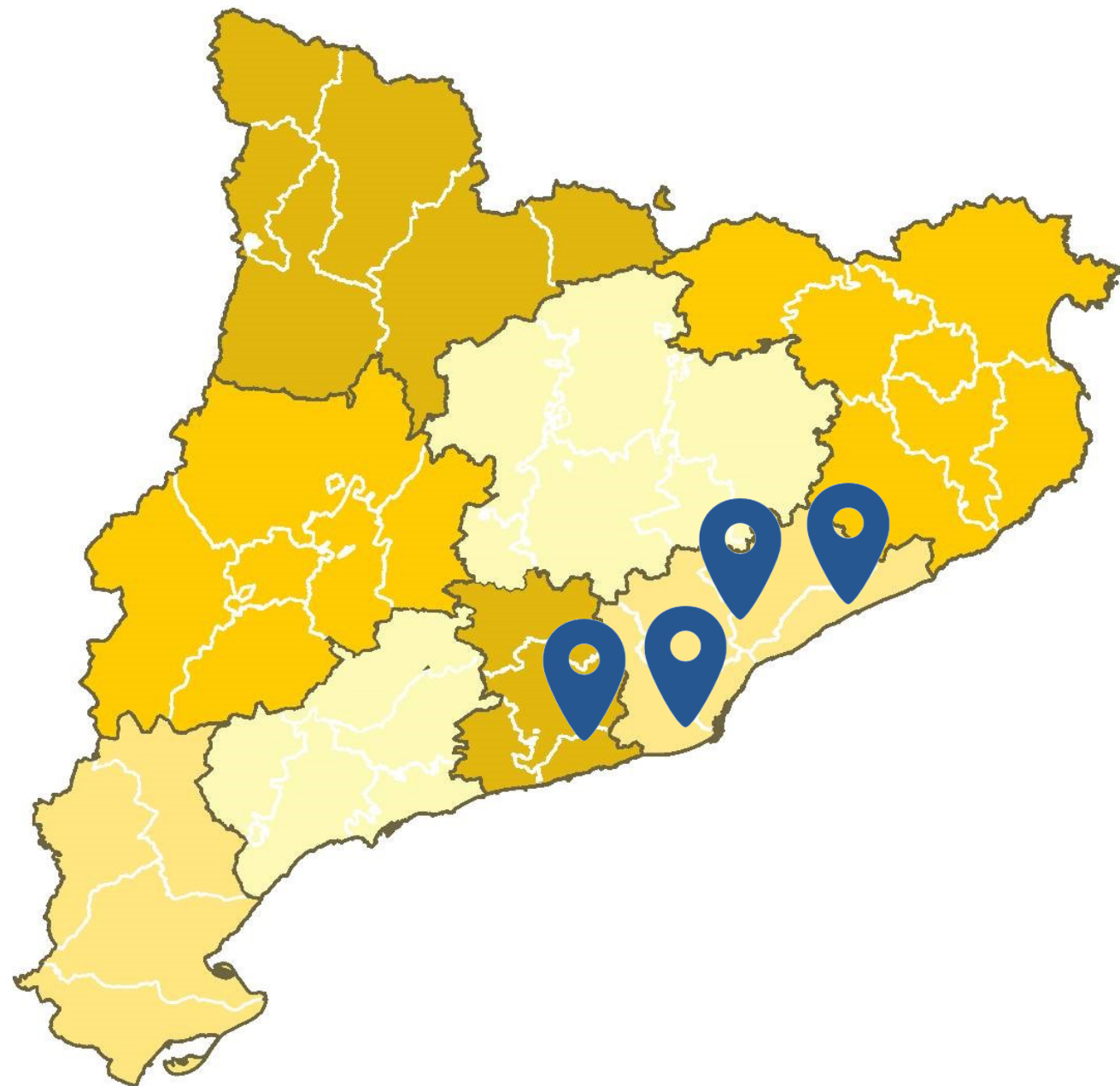
Badalona Nord Serveis de Salut Mental

Althaia (Manresa)

- Servei Rehab Comunitaria (SRC)

What we do –

Programs for young people at risk of social exclusion



Fes-hi un gol al carrer (Aj. Barcelona)

- Basket + Lliga CEEB

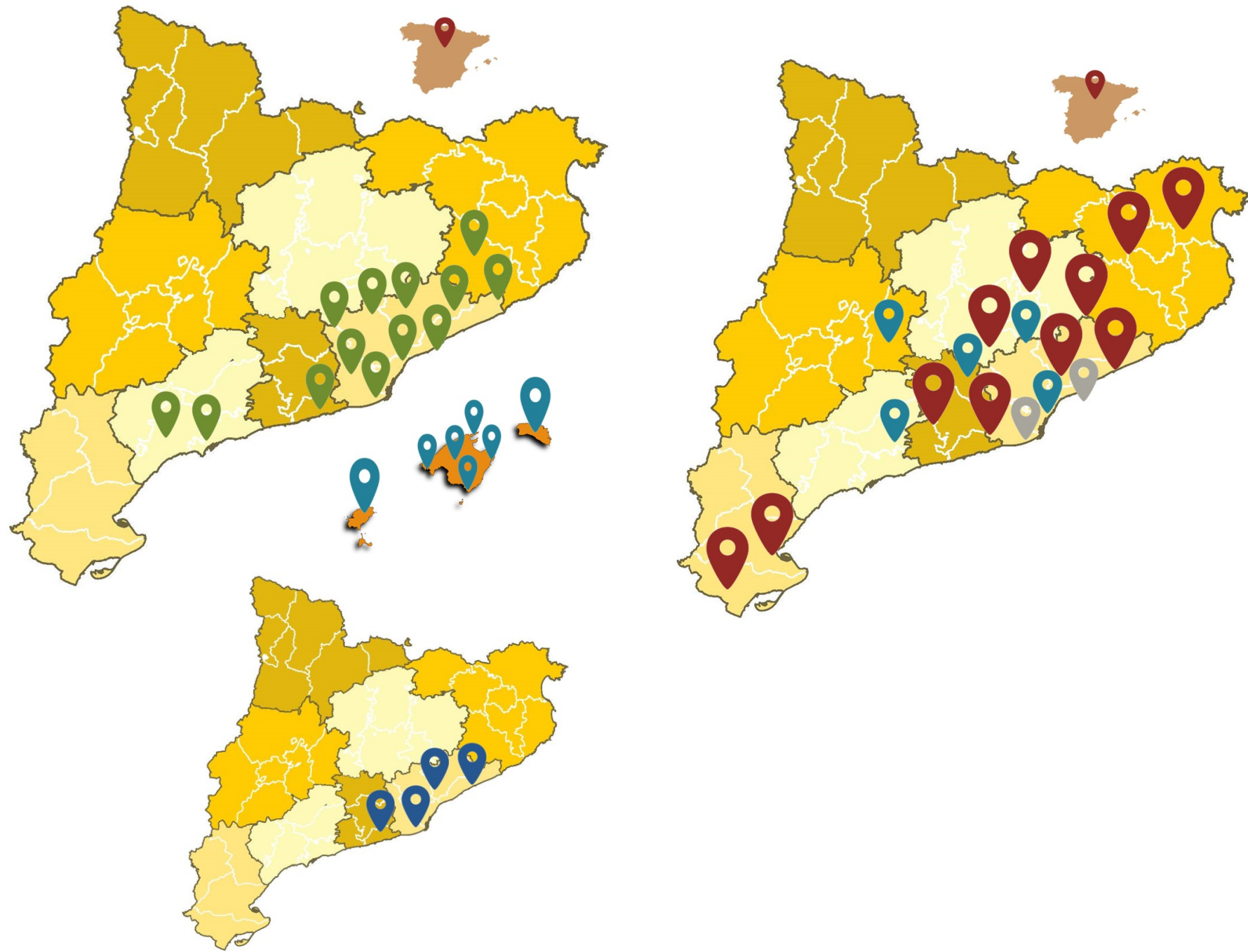
Start, Lear & Play (Fundació Guardiola Sala)

- Futbol + Lliga ISOK

Pla de l'entron (Cementos Molins)

- Palleja
- Sant Vicenç dels Horts
 - Boxa
 - Multisport
 - UEC Sant Vicenç dels Horts
 - Futbol
 - Montañismo

What we do



Every week, more than 2,000 people train and improve their health and well-being in one of the more than 100 programs that sport2live develops in Catalonia, the Balearic Islands, Castile and León, and Madrid.

What we do – Who we collaborate with



We believe in cooperation and are part of:

- Mental Health Cluster Catalonia
- Catalan Federation of Drug Addiction
- Mental Health Catalonia
- Mental Health Federation Spain
- Exercise is Medicine

What We Do - Research

UE Erasmus+

- Reintegration Through Sport Plus (RTS+): The Role of Sport in Addiction Recovery
- RACE4LIFE can be used as a positive experiential sports therapeutic strategy for people in recovery.
- Edu4Impact: Training educators and coaches.
- Bet On Sport: A program to help people with gambling problems through sport..

What We Do - Research

Hospital Projects

Get moving in your community. Inca Hospital, Son Llatzer Hospital, and sport2live

Effectiveness of exercise programs for people with mental health disorders. Mateu Orfila Hospital and sport2live

Impact of physical exercise on the recovery of people with mental health disorders. Fuente Bermeja Hospital (Burgos) and sport2live

Hospital Projects

- Vitactiva't I & II: Sports program for people diagnosed with ASD and Schizophrenia. Pere Mata (Reus-Tarragona)
- MOVE@ment: Exercise program for people treated First-Episode Psychosis (FEP) in Early Childhood Psychosocial Units (PAE/TPI Program) – Hospital Clinic
- EsportivaMENT: Exercise programs for young people with emotional distress. Fundació Vidal i Barraquer and Fundació FC Barcelona.

Contact

Eduardo Torras Híjar

President – crossworker

+34 689 581 991

eduardotorras@sport2live.org

www.sport2live.org

Maria Rovira Font

Sport Vice - President

- Degree in Physical Activity and Sports Sciences
- Master's degree in physical activity and health
- **PhD candidate in:** Use of physical exercise as a therapeutic strategy for people diagnosed with severe mental health disorders.

+34 648 784 047

mrovirafont@sport2live.org

www.sport2live.org