



With the scientific contribution of
the Wellness Foundation



Sport, Fitness & Wellness Directory



Cesenatico Bellavita
Sport & Wellness Hotel collection



Sport & Wellness **Hotel** collection

Cesenatico Bellavita

A selection of high-quality Hotels

The Consortium Cesenatico Bellavita® offers an accurate selection of high-quality hotels, places of “fine life”, where comfort and wellness, taste, fun and real hospitality are common traditions.

The services provided by every hotel are high quality and meet all the needs of demanding guests.

The Consortium Cesenatico Bellavita®

guarantees high-quality services:

- **3 and 4 star Hotels**
- **Aparthotel**
- **New or renewed buildings**
- **Swimming pools and jacuzzi**
- **Wellness areas**
- **Entertainment and miniclubs**
- **Meeting rooms**
- **Local food**
- **Attention to detail**

Hospitality + Family + Food + Wellness: Cesenatico Bellavita

Such hospitality promotes good food, relax, outdoor exercise and fun.

The sea air, the good food and physical exercise, to spend enjoyable but especially high-quality holidays.

Wellness means Bellavita

A unique land from the sea to the hills, among art, food, hospitality and wellness



Between the sea and the green hills you can find the Wellness Valley®, where wellness is a peculiarity of this area. The quality of life in this area, which comprises the city of Cesena up to the sea and Romagna, is high. This is the result of the combination of different factors, such as many organic farms, wineries, fitness centres and technological companies, the proximity to the sea and many spa centres. All these factors allow this area to have high-quality standards and it is no coincidence that the province of Forli-Cesena got the highest GNW (Gross National Wellbeing) in Italy. According to a study done by the Italian newspaper Il Sole 24 Ore, this area is the one with the best quality of life.

Through the project Wellness Valley®, promoted by the Wellness Foundation, the hospitality of the Consortium Cesenatico Bellavita® promotes the concept of “wellness” considered as an holistic and multisensory experience.

The Hotel Collection of Cesenatico Bellavita® offers its guests the best services to do sport, special agreements with the local sports centres, it organizes special wellness and physical exercise events and also provides all the information to lead an active life.

Cesenatico Bellavita

An outdoor gym for physical exercise and relax

Leading a healthy and positive life, "feeling well". Physical exercise is essential to our mind and body.

Cesenatico is an outdoor gym, the sportiest and the most fashionable seaside resort of the Adriatic coast.

In any part of the city you can spend your time doing a wide range of sports that meet all the needs.

The wide *Parchi di Ponente e Levante* (West and East parks), the two green lungs of the city, have trim trails, outdoor fitness equipment and rest stops. A luxuriant nature which hosts small animals and whoever wants to spend some hours relaxing surrounded by greenery and the wonderful inland with its rolling hills, are the best background for cyclers or those who love walking along natural paths and looking for views that worth even the most tiring excursions.



Parco di Ponente: to do physical exercise in the shadow and have fun near the big trees.

The beach: to play beach volley barefoot till the sunset.

Parco di Levante: to go jogging surrounded by greenery and animals.

The Inland: to go cycling along the rolling hills.

The sea: blue water, water sports.

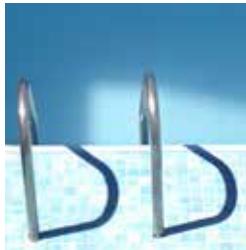
Gardens by the sea: to go skating and relax while overlooking the sea.

Sport, Fitness & Wellness

Active holidays, the pleasure of doing physical exercise every day

The word holiday is often a synonym for wellness, relax and good food, but it can become something more when you choose the best place to spend your free time! Cesenatico offers thousands of opportunities to keep fit, because wellness means first of all "feeling good" about ourselves. Here is a sort of guide to get to know the different sports and where and how you can do them in Cesenatico or nearby.





Swimming

To swim regardless of the weather conditions, Cesenatico offers many solutions. Many hotels have a swimming pool and there is also a municipal, indoor, semi-olimpyc-sized swimming pool (25 m), as well as the pools of the private beaches.

PISCINA COMUNALE

Via Saffi 181
Tel: 0547.672840
www.piscinacesenatico.it

PISCINA AI 4 VENTI
Viale Ferrara
Tel: 0547.673344

PISCINA MARCONI

Piazza Marconi
Tel: 0547.80272
gesturis@gesturist.com

ACQUASCIVOLO DIAMANTI
Via Montello 1
Tel.: Adac 0547.80436



Sailing

The Circolo Vela (Sailing Club) Cesenatico and the Circolo Nautico (Yacht club) Cesenatico organize courses for children and adults to start and improve this sport during the summer. The Scuola Vela (sailing school) is recognized by the Italian Sailing Federation.

CONGREGA VELISTI

Via Cavour 27 (ponente)
Tel: 0547.80655
www.congregavelisti.it

SCUOLA VELA DANIEL'S SHIP
Lungo Porto Canale c/o Pescheria
Tel: 347.2401346
danielship.com

SCUOLA VELA (ponente)

Circolo Nautico, viale Magrini 36
Tel: 0547.81094 - 347.6898100
www.cncesenatico.it

CIRCOLO VELA (ponente)
Via Pian del Carpine
Tel: 0547.83911
www.circolovelacesenatico.it



Water Ski, Parafly

Funny water sports where you are harnessed and dragged by a motorboat on the water. These are the three most famous ones: Water ski, parafly, and the banana-boat.

At the wharf of Gatteo Mare every day in the morning and in the afternoon you can put your name down to try.



Signor Silvano
Tel: 348.4905753



Surf & Kite Surf

These sports are more and more common on the Adriatic coast, despite the low waves. There are many schools or centres where you can try these exciting experiences.

BORA BEACH scuola vela, wind surf

Spiaggia Libera Levante, via Deledda
Tel: 335.6807843 - 348.2202508
www.borabeach.it

SCUOLA KITE SURF SUP STRAYDOG

Viale Carducci
Tel: 347.9909900
www.kitesurfing.it

SCUOLA WIND SURF CESENATICO

Via Magellano 22
Tel: 334.6658101
www.windsurfcesenatico.it



Pescaturismo (Recreational fishing)

Guided excursions at sea on fishing boats, at the fish market and at the Museo della Marineria (Marine museum), to discover all the secrets of fishing and of the best food.

During the excursions at sea, on the motorboats you can take part in raising the nets. So thanks to pescaturismo everyone can be a fisherman for one day and sail to discover the sea and its traditions.



PESCHERECCIO "MAGIA BLU"

partenza da p.zza Ciceruacchio

Tel: 340.6900805 Paolo Polini

paolo_tuc@yahoo.com



LAGO VALLONI PESCA SPORTIVA

Via Cannuccetto 8

Tel: 327.5986652



Horse riding

A big circolo ippico (horse club) in the countryside, few kilometres far from the sea. Here you can have individual or group lessons (English or American riding), or you can ride on your own.



CIRCOLO IPPICO DUE PONTI VILLAGE

Via Fenili 106 (Sala)

Tel: 0547.680303 - 335.5366221



www.duepontivillage.it



Birdwatching

In the famous Saline di Cervia, there is an area for birdwatching. It comprises three paths equipped with turrets to see birds and descriptive panels on flora, fauna and their history. The bird fauna of the saline is varied and perfect for birdwatching. Besides this, 12 km of the Romagna coast are now a marine coast oasis, the favourite habitat of 21 species of seagulls and other pelagic species.



PARCO DELTA STAZIONE SUD SALINE

Via Bova 61 (Cervia)

Tel: 0544.973040

www.salinadicervia.it



PARCO DI LEVANTE

Via Abba/Viale dei Mille

Tel: 0547.81344 (Gesturist)

OASI COSTIERA

Tel: 339.8097151

www.oasicostiera.org



STADIO COMUNALE "A. MORETTI"
Via G. Sozzi 2
Tel: 0547.75424
www.cesenaticoturismo.com

CAMPO CALCIO BOSCHETTO
Viale Abba 51
Tel: 339.1766119

CAMPO GHEZZI
Via Magellano 21/23 (ponente)
Tel: 0547.672915 (calcetto)
0547.80050 (calcio)

CAMPO VILLAMARINA
Viale Litorale Marina 182
Tel: 0547.7680504 - 393.1441691



Football

Cesenatico provides a wide range of football fields in different parts of the city. In the area of Villamarina for instance, there are two football fields and one five-a-side football field with lighting. Moreover, Cesenatico has a wonderful municipal stadium and many lawn courts.



CIRCOLO TENNIS GODIO
Via Magellano 21 (ponente)
Tel/fax: 0547.672915
www.tennicesenatico.com

CENTRO TENNIS LEVANTE
Viale cesare Abba 31
Tel: 0547.675137

TENNIS VALVERDE
Viale Carducci 278
Tel: 0547.86043



Tennis

The Circolo tennis (Tennis club) A.Godio of Cesenatico is one of the best in Italy. This club was the headquarters of the Italian Tennis Federation for many years and many great players such as Bracciali, Starace, Bolelli and Galimberti trained here. The club has 10 tennis courts with lighting: 5 supreme courts, 3 clay courts and 2 grass courts. The building also offers 2 outdoor five-a-side football grass fields. Fitness lovers can train in the halls of the gym Palestre Elite, which is part of the club and you can find many other tennis clubs all over the city or in the hotels of the consortium.



Beach Volley

The beach is the best alternative to the gym to do sport. For this reason, beach volley has become a real sport. On the beach next to the square of the skyscraper, Cesenatico hosts the beach Volley Arena, where every summer professional and amateur competitions are held, such as the international tournament of Beach Tennis.



Athletics

The municipal stadium Moretti of Cesenatico has an athletics track where you can train and compete in all the sports: shot put and javelin throw, high jump, long jump, athletics, middle distance race and distance running. It has eight lanes and it is equipped with a lighting system. Besides this, you can also find an indoor short track that can be used in the winter.



City Walking

“Cesenatico Cammina” (Cesenatico walks) organizes walking initiatives. There are many different walking paths and on Tuesdays and Fridays evening guided walking initiatives are organized; the starting point is at Palazzo del Turismo (Palace of Tourism) to see all the historic buildings of the city.

Nordic Walking is also more and more common and it is done on the beach.



Cycling holidays & Cycling

Sono migliaia i ciclisti che tutto l'anno confluiscano dall'Europa a Cesenatico, riconosciuta patria del cicloturismo internazionale, nel cuore della Riviera Romagnola. Qui è nato, ha vissuto e si allenava il "magico" Marco Pantani, campione leggendario del ciclismo, al quale la sua città ha dedicato il museo "Spazio Pantani".

Cesenatico è la base di partenza ideale per fantastiche pedalate verso l'entroterra collinare, in uno splendido scenario di paesaggi sempre diversi, dove innumerevoli e vari tracciati, sono la palestra ideale per tutte le gambe. Cesenatico ospita durante tutto l'anno anche competizioni professionistiche.

La "Nove Colli" rappresenta l'evento di maggior rilievo in Europa, con i suoi oltre dodicimila partecipanti, ma sono rinomate anche la gran fondo del Titano, la Via del Sale, la Pantanissima e tante altre gare, di mountain bike o di triathlon.



ASD ASSOCIAZIONE FAUSTO COPPI
Via Saffi 2
Tel: 0547.672156
www.gcfautocoppi.it



CESENATICO GOLF CLUB
 Via Canale Bonificazione 122
 Tel: 0547.81305
 www.cesenaticogolf.com

Golf

The Golf Club in Cesenatico is close to the sea, in a peaceful area where you can improve your performance or learn to play. It is a school for all ages.

The club has: 4 holes, driving range, putting green and a golf school with a teacher.

Few kilometres far from it, the Golf Club in Cervia has 18 holes and the Golf Club in Rimini is located in the wonderful area of Verucchio. Many other golf clubs can be easily reached from Cesenatico.



- PARCO DI LEVANTE
- Via Abba/viale dei Mille
- PARCO DI PONENTE
- Viale Mazzini

Parks

The *Parco di Levante* (east park) is the real green lung of the city (35 hectares). It covers a wide area of meadows and typical plants from coastal areas and here you can also find two little lakes with mute swans, ducks, water hens and many species of fish.

The whole park has pedestrian or cycle lanes, as well as picnic areas, a summer bar, two playgrounds for children, a trim trail to do physical exercise and a LIPU (Italian League for bird protection) protected area for birdwatching .

There is also a specific area for dogs, to let them run, and yoga and Tai Chi courses are organized outdoors. An old rural house hosts the elderly centre and promotes recreational activities, such as dancing.

The *parco di Ponente* (West park) covers an area of 13 tree-lined hectares. Here you can find: two football fields, a picnic and entertainment area and many playgrounds for children.

The whole park has pedestrian or cycle lanes and it is perfectly suited for trim trail.

Parco di Ponente



Area of the park: 13 hectares



Area of the park: 35 hectares

Active Holidays

Choose to “live well”

Wellness is a state of mind that involves your body and mind.

We say that we “feel well” to refer to this comprehensive feeling which is the result of a healthy, positive and quality-oriented lifestyle.

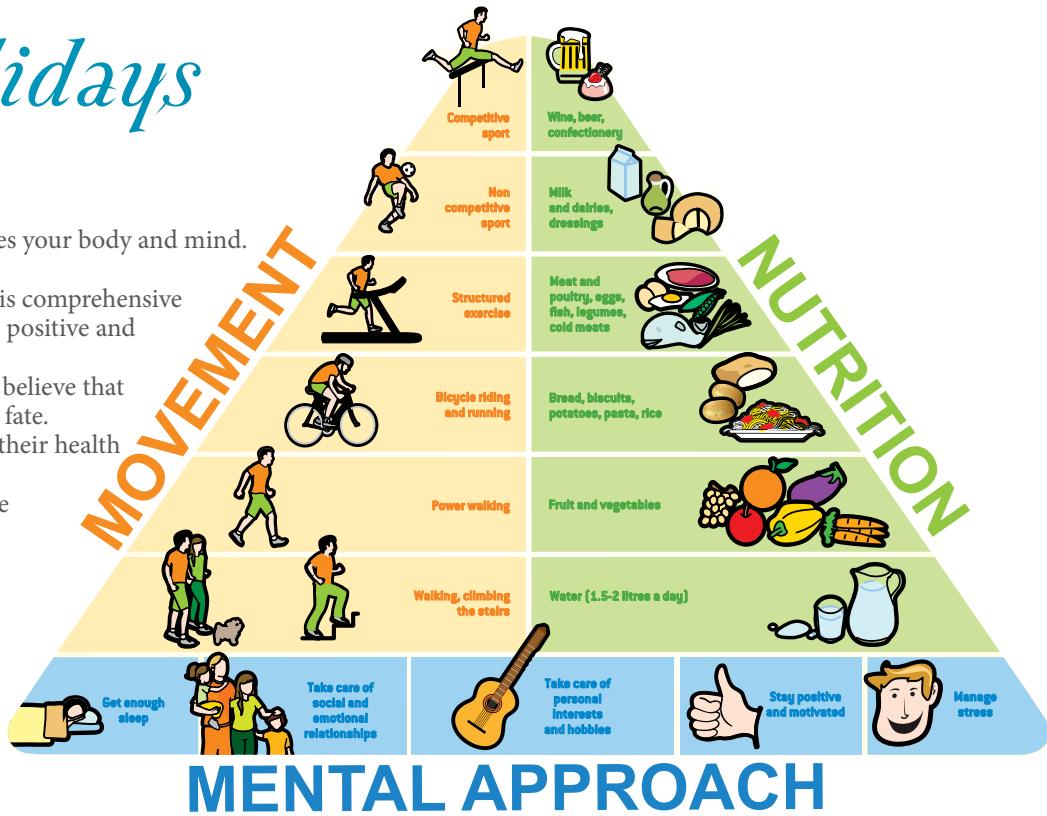
In order to “live well” it is necessary to believe that health and wellness do not depend on fate.

Everyone has to be the protagonist of their health and wellness.

So “living well” means making concrete decisions, it cannot be a desire but an active choice that everyone can make.

Also on holiday.

Now.



Fonte per il Movimento: ACSM-AHA Position Stand.

Fonte per l’Alimentazione: Istituto di Scienze dell’Alimentazione, Università La Sapienza, Roma.

Con il contributo
scientifico di





10 commandments to “live well”

-  Each day do at least 30 minutes of moderate intensity **exercise**.
-  Exercise your **muscles** at least twice a week, and increase **flexibility** everyday.
-  Choose to go on **foot** or by **bike** instead.
-  Eat 5 meals a day, preferably **fresh food and natural produce**.
-  Drink plenty of **water** and avoid soft drinks.
-  Sleep long enough to recharge physically and mentally.
-  Dedicate time to your own **passions** and hobbies.
-  Avoid polluted environments and get back to **nature**.
-  Do not smoke or drink too much alcohol: **think clearly and stay in control**.
-  Be positive about life, get motivated and **smile**!



The main rules to “live well” and in a balanced way

Following rigid diets or skipping meals are not the best solutions to get long lasting results for a healthy and well-balanced lifestyle. Here are three simple rules to have good eating and motor habits.

Let's choose together the wellness of our body and mind in every single moment and action of our daily life.

RULE 1 Exercise is good, but if you do it on a regular basis it is much better

An important element of “living well” is physical exercise. Sedentariness should be considered as the main risk factor for many diseases, it is as dangerous as smoking, obesity, hypertension and cholesterol. These are the three main physical qualities you need to train:

- AEROBIC CAPACITY

To improve and assess the intensity of your training, checking your heart rate is very good.

How can we establish the right intensity of our training? You deduct your age from the highest theoretical heart rate (220). According to the right intensity of your training, you should work between the 60 and 80% of that rate.

- STRENGHT

Research shows that our body fat percentage tends to increase, whereas our muscle mass starts to decrease from 25/30 years of age. Physical exercise is important because it can slow down or even reverse such process by keeping a strong and elastic muscle mass.

- FLEXIBILITY

Is the result of elastic connective and muscular tissues and it can be improved with stretching exercises.

RULE 2 Eating well but in a balanced way

Your diet is healthy when you follow three rules:

- 1) A correct calories intake,
- 2) Right percentages of macronutrients (60% sugar, 15% proteins, 25% fats),
- 3) A balanced distribution of calories during the three meals of the day.

A well-balanced diet is the following:

- At breakfast have some fruit, cereals, semi-skimmed milk and yogurt
- In the midmorning have a fruit snack
- At lunch have mixed salad or pasta (no rice with tomato sauce)
- At dinner have a vegetable soup, chicken, beef meat or fish (on a rotating basis) and vegetables. Once or twice a week, you can have boiled eggs and cheese.

FIND OUT YOUR IDEAL WEIGHT

The BMI or Body Mass Index is the ratio between the height and weight of a person: $BMI = \text{weight (kg)} / \text{height}^2 (\text{m})$

The BMI shows the ideal weight for your health and not only for your physical appearance.

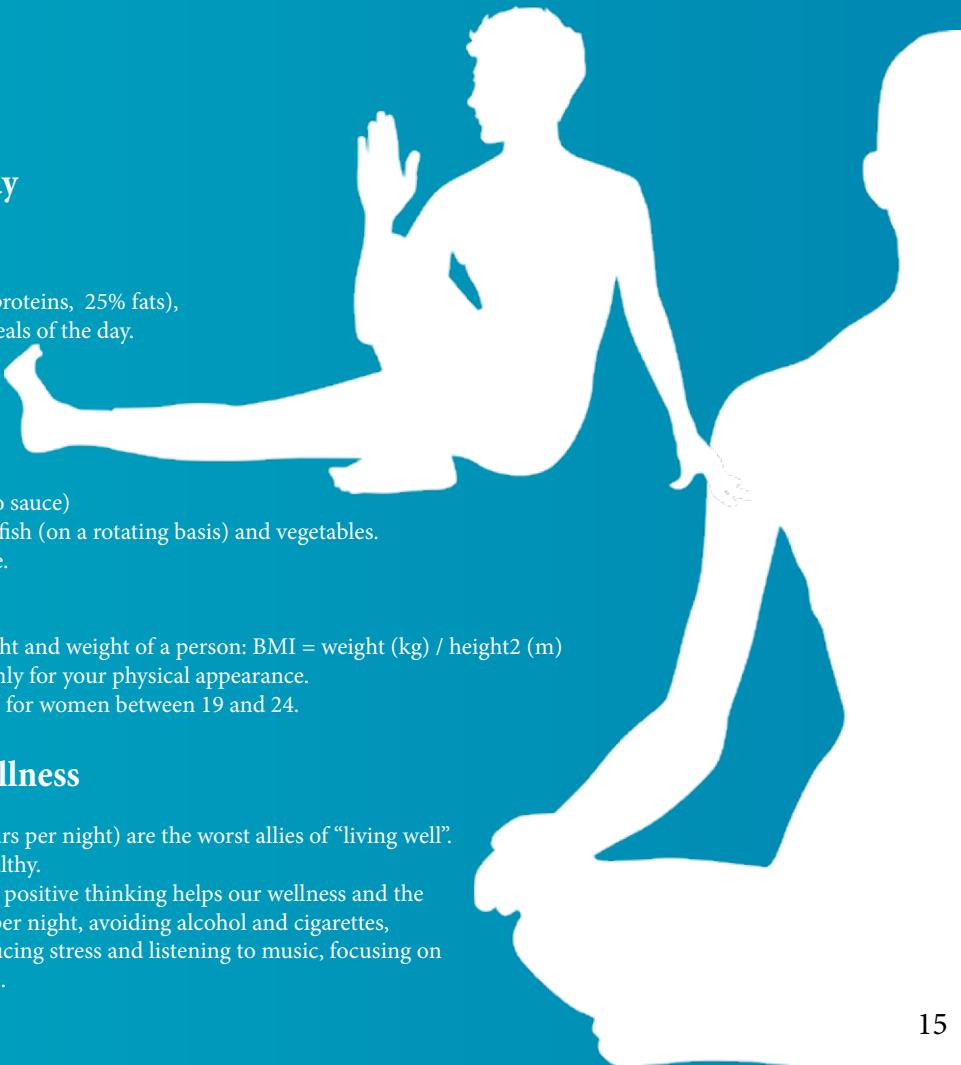
For men, a standard BMI is comprised between 20 and 25, for women between 19 and 24.

RULE 3 Good habits, body and mind wellness

Bad habits (drinking alcohol, smoking or sleeping few hours per night) are the worst allies of “living well”.

Doing little exercise does not help if our lifestyle is not healthy.

It is also a problem of mindset; according to many studies, positive thinking helps our wellness and the secrets to live well are sleeping a proper amount of hours per night, avoiding alcohol and cigarettes, doing physical exercise on a regular basis, eating well, reducing stress and listening to music, focusing on art, culture and the pleasure of getting to know new things.



Eventi Sportivi

exciting competitions

APR

CESENATICO TROPHY

EASTER – MUNICIPAL SPORTS CENTRES

International youth football tournament

APR

TOURNAMENTS OF YOUTH VOLLEYBALL

EASTER – MUNICIPAL SPORTS CENTRES

National youth tournament

APR

TOURNAMENT “PLAY WITH FOOTBALL”

EASTER – MUNICIPAL SPORTS CENTRES

Youth Football Tournament

APR

INTERNATIONAL EASTER SAILING REGATTA

EASTER - LEVANTE E PONENTE

Sailing regatta for catamarans.

APR

BCC SALA DI CESENATICO TROPHY

PALASPORT VIA MAGELLANO

National CSEN taekwondo tournament

APR

SEA CUP

VILLAMARINA II MUNICIPAL SPORTS CENTRE

5-a-side football tournament

APR

PANTANISSIMA

COLONIA AGIP/VIALE CARDUCCI

Gran fondo bycicle competition Fondazione Pantani.

MAY

CICLO & VENTO Cycling holiday week

PIAZZA COSTA/VIALE CARDUCCI

International exhibition on cycling holiday.

MAY

NOVE COLLI RUNNING

VIA ARMELLINI

200 km footrace (arrival within 30 h)

MAY

MINIGRANFONDO NOVE COLLI

PIAZZA MARCONI

Granfondo bycicle competition for children from 7 to 12 years of age.

MAY

NOVE COLLI

PORTO CANALE 200 km Granfondo competition – Appennine patent of the Nove Colli. Arrival at colonia Agip within 12 h

MAY

INTERNATIONAL BEACH TENNIS TOURNAMENT

ARENA BEACH DI PIAZZA COSTA

A two-day competition between volleyball players

JUN

MARATONA 80

PORTO CANALE

Footrace for amateurs Cesenatico/S.Mauro M.

AUG

LA NOTTE GIALLA (THE YELLOW NIGHT)

PIAZZA COSTA

Sport and shows for Pantani.

SEP

NATIONAL TROPHY CITTA' DI CESENATICO

PISTINO DEL SOLE

Skating competitions Massarutto memorial run.



Zadina

Ponente

Marina Centro

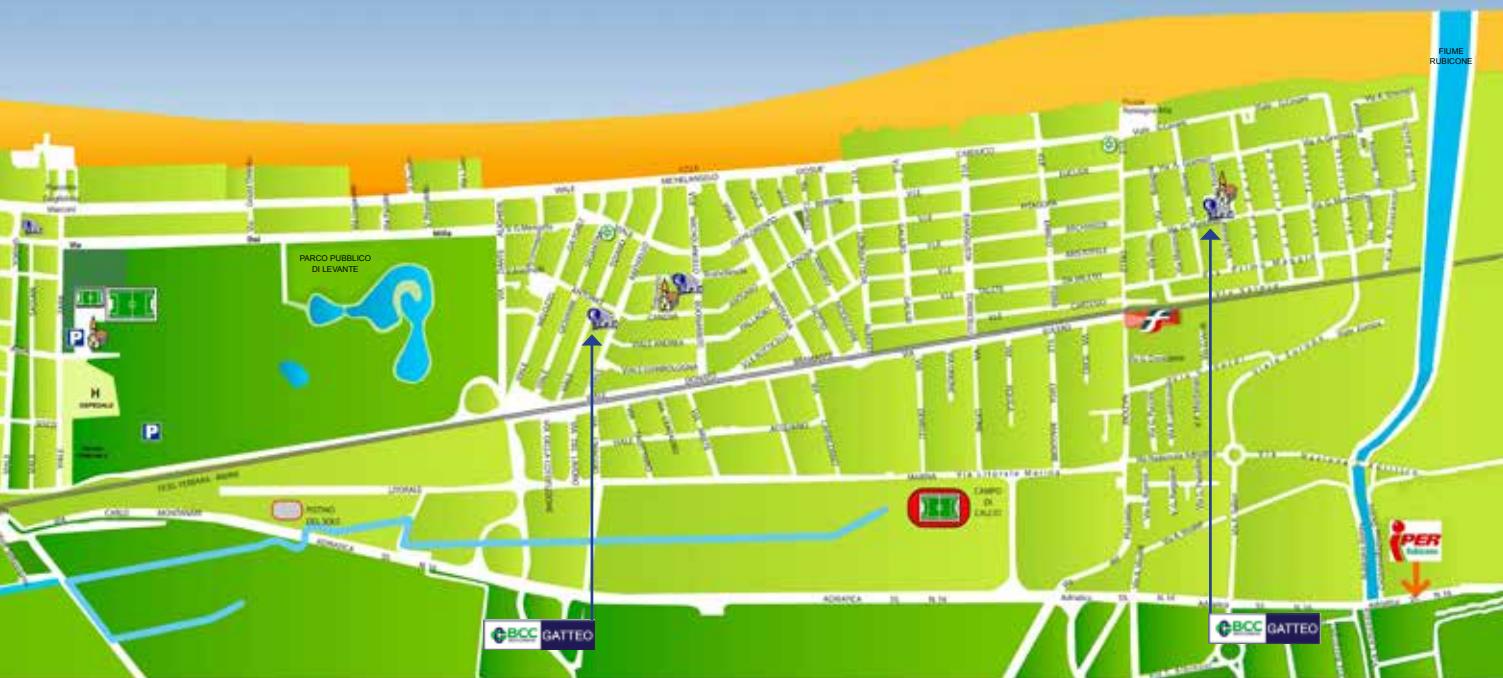


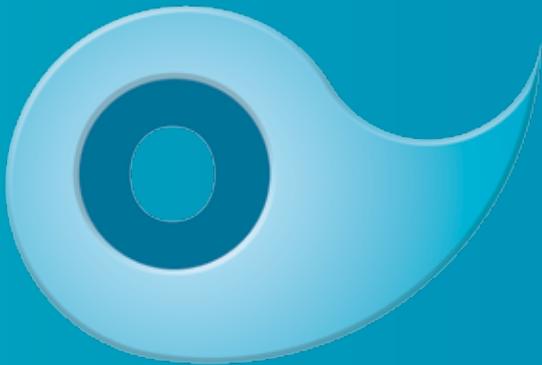
CESENATICO

Valverde

Villamarina

Gatteo Mare





www.cesenaticobellavita.it
www.wellnessvalleyhotel.com

CESENATICO BELLAVITA®
Consorzio di Promozione Turistica
Viale G.Mazzini, 93 47042 Cesenatico (FC)
tel. 0547.80436 - info@cesenaticobellavita.it



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della Fondazione Wellness Foundation www.wellnessvalley.it



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