



WHAT IS IT WITH
OUTDOOR
EXERCISE THAT
MAKES IT
DIFFERENT ?



AWARENESS
CLARITY
MEDITATE
RELAX



REDUCED
ANXIETY &
DEPRESSION

MENTAL
CLARITY
& FOCUS

NATURAL
RESISTANCE
AND TERRAIN



ENHANCED
OXYGEN O₂
INTAKE



Enhanced
Workout
Enjoyment

WHAT DO I NEED?

SPORT MAT
TOWEL
WATER
RESISTANCE BAND
LOOP BAND

VITAMIN D
PRODUCTION



REDUCED
STRESS &
ENHANCED
MOOD



WHAT TO EXPECT?

STRETCHING
BALANCE
CARDIO
WALK
RUN / JUMP
RESISTANCE
CORE
FUN

FOR ALL

ALL LEVELS
AND AGES,
EVERYONE
WELCOME
AND CAN
BENEFIT
FROM THIS
ACTIVITY.

HAITHAM
CHEHADI



