

# **PROJECT "FAIR PLAY 4 INCLUSION"**

## **BODY PUMP**

On Thursday 23<sup>th</sup> December, **ENTREJUEGOS** organised a new activity for the project "**FAIR PLAY 4 INCLUSION**" (Erasmus+ Sport).

On this occasion, 4 young people participated in a directed class of Body Pump, where they work with free weights, using bars and discs, to train all the muscle groups of their body.

For 1 hour in the gym, they were able to enjoy a very motivating and fun class at the same time as toning their muscles.

Through this project, we continue to promote a lifestyle based on regular sports activities, in order to be both physically and mentally healthy.

Thanks to Cristina for directing this activity for the **ENTREJUEGOS ASSOCIATION**.



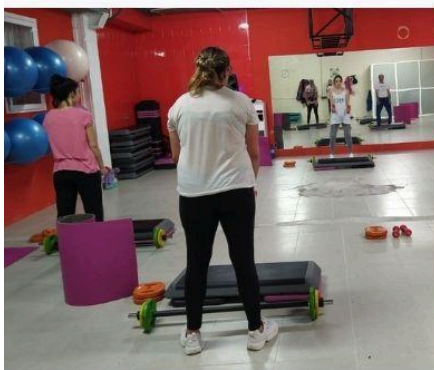
# **FAIR PLAY 4 INCLUSION**

## **BODY PUMP**

**ALAMEDA (MÁLAGA), 23 DE DICIEMBRE 2021**



Co-funded by the  
European Union



**Links of the Facebook and Instagram Advertisement Post:**

[https://m.facebook.com/story.php?story\\_fbid=589838655603111&id=100037309450680](https://m.facebook.com/story.php?story_fbid=589838655603111&id=100037309450680)

<https://www.facebook.com/299217374314371/posts/920057635563672/>

[https://www.instagram.com/p/CXtxovNNrtI/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CXtxovNNrtI/?utm_medium=copy_link)



**FAIR PLAY 4 INCLUSION**

**BODY PUMP**

**23 DE DICIEMBRE DE 2021, 19.30H**

**GIMNASIO MORE FITNESS**

 [asociacionentrejuegos@gmail.com](mailto:asociacionentrejuegos@gmail.com)

 [@asociacionentrejuegos](https://www.facebook.com/asociacionentrejuegos)

 <https://asociacion-entrejuegos.weebly.com/>

 [@asociacion\\_entrejuegos](https://www.instagram.com/asociacion_entrejuegos)



**Links of the Dissemination Post of the activity:**

[https://m.facebook.com/story.php?story\\_fbid=593246841928959&id=100037309450680](https://m.facebook.com/story.php?story_fbid=593246841928959&id=100037309450680)

<https://www.facebook.com/299217374314371/posts/923849728517796/>

[https://www.instagram.com/p/CX9N7geNVOz/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CX9N7geNVOz/?utm_medium=copy_link)

**News in the Website:**

<https://asociacion-entrejuegos.weebly.com/body-pump-diciembre-2021.html>

**Date:** 23/12/2021

**Venue:** Alameda, (Málaga) - SPAIN

**Activity carried out:** Body Pump (1h)

**Aims:** Promote physical activity during leisure time, prevent unhealthy habits.

***Target Group:***

**Number of participants:** 4 youth

**Direct Beneficiaries:** Participants, volunteers, Local Community.

**Indirect Beneficiaries:** youth of our local community, public services of the Municipality of Alameda, members and volunteers of our association, others organisations, project's partners.