

PROJECT "FAIR PLAY 4 INCLUSION"

CARDIO FIT

ENTREJUEGOS carried out on 28th December the last sport activity of this year for the project **"FAIR PLAY 4 INCLUSION"** (Erasmus+ Sport).

In 1 hour of Cardio Fit, 6 participants performed a circuit in which they toned all their muscles with functional exercises at the same time that they performed cardiovascular activity.

With this project we continue to give young people the opportunity to participate in alternative activities to actively occupy leisure time and create healthy habits.

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



FAIR PLAY 4 INCLUSION

CARDIO FIT

ALAMEDA (MÁLAGA), 28 DE DICIEMBRE 2021







Links of the Facebook and Instagram Advertisement Post:

https://m.facebook.com/story.php?story_fbid=593592731894370&id=100037309450680

<https://www.facebook.com/299217374314371/posts/924208138481955/>

https://www.instagram.com/asociacion_entrejuegos/p/CX_CEDUN1tH/?utm_medium=copy_link



FAIR PLAY 4 INCLUSION

CARDIO FIT

28 DE DICIEMBRE DE 2021, 19.30H

GIMNASIO MORE FITNESS

 asociacionentrejuegos@gmail.com

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

 @asociacionentrejuegos

 @asociacion_entrejuegos



Co-funded by the
European Union

Links of the Dissemination Post of the activity:

https://m.facebook.com/story.php?story_fbid=594997918420518&id=100037309450680

<https://www.facebook.com/299217374314371/posts/925692548333514/>

https://www.instagram.com/p/CYFAJ3jtFJO/?utm_medium=copy_link

News in the Website:

<https://asociacion-entrejuegos.weebly.com/cardio-fit-diciembre-2021.html>

Date: 28/12/2021

Venue: Alameda, (Málaga) - SPAIN

Activity carried out: Cardio Fit (1h)

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

Target Group:

Number of participants: 6 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, other organisations, project's partners.