



Nov 29, 2023

## **Open Fitness Day under the slogan “Your Fitness is Sustainability”. Green**

The Deanship of Student Affairs at Al Ain University (Abu Dhabi Campus), in cooperation with the College of Education, Humanities and Social Sciences, organized an Open Fitness Day under the slogan “Your Fitness is Sustainability,” which constituted an important event to encourage students to engage in sports activity and adopt healthy habits.

The events included a variety of sports activities such as resistance exercises and group exercises. There were also stations available to measure the level of fitness and weight, and there was an opportunity to meet some nutrition experts and trainers to get advice on a healthy diet and exercise appropriate for each individual.

Students in the Fitness and Health subject enjoyed the opportunity to interact with other students and exchange experiences on how to improve physical fitness and adopt a healthy lifestyle, and encourage students to actively participate in sporting events, which contributes to

strengthening team spirit and enhancing public health.

This experience was a valuable addition to student life and showed a positive response from the students who expressed their gratitude for organizing such events that enhance their health and fitness.

[Press Release Link](#)