

**Get fit,
feel
better,
be happy!**



Introduction

To be happy, we need to feel good with ourselves. For that, we must be fit. Also to disconnect of work and our personal problems, the physical activity is a key point.

Get together with active people who exercise every day. You will live more years than those that don't exercise and will feel really well with yourself.

Exercise means health...

Health is the «state of complete physical, mental and social well-being».

Physical activity is any body movement, done with the muscles and it also permits us to interact with the surrounding environment.

...But be careful!

Sport and any physical exercise help us to have a healthier life.

But too much exercise or practised in an inappropriate way can be dangerous and cause injuries and hurt your organism.

Young and adults!

Physical activity can act on the locomotor, breathing and nervous system allowing you to live a healthier, happier and independent life, always taking into account the characteristics and needs of each one to choose the appropriate exercise.

Take into account:

- illnesses
- age
- aspect to improve: stamina, balance, etc.

**A PERSONAL TRAINER
CAN HELP YOU!**