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The Fitness Challenge promotes healthy life

The College of Education, Humanities and Social Sciences at Al Ain University, Abu Dhabi Campus, organized a health event entitled Fitness Challenge and Wellbeing under the supervision of Dr. Majed Al Saleh and Dr. Ganka Ivanova and with support from the AAU gym instructors who led several activities and games for the students of courses; Fitness and Health, and Applied Psychology, in participation of the AAU family.

The challenge included variety of sports activities, including walking, warm-up, group exercise, competitive and entertaining activities.

Dr. Majed Al Saleh said that this activity is a part of Al Ain University's keenness to promote healthy life among its students, employees and the community.

Dr. Ganka said that the idea of Fitness challenge and Wellbeing is to spread a culture of Physical Activity and boost wellbeing and happiness and to support the 'Dubai 30 days' challenge for minimum 30 min exercises daily by involving University students and staff in

Community engagement support.

[Press Release Link](#)