



Jul 01, 2021

The "Eid Challenge" encourages students to exercise

Considering the approach of Eid Al-Adha, The Deanship of Student Affairs, Al Ain Campus, organized a virtual sports event entitled the "Eid Challenge". Participants choose one of the physical activities (walking, running, or cycling). And the one who achieves the largest number of kilometers will get the prize.

Student Mohammad Hasan from the College of Pharmacy won the cash prize by conquering 47.92 KM in cycling.

The activity aims to encourage students to exercise and maintain their physical health, also to participate along with them in the celebration of Eid Al-Adha.

In the same context, and within its keenness to organize a variety of sports activities for students, the Deanship organized the GET FIT event, which aims to help students raise their level of physical fitness, lose weight, and reach the desired health goal during the summer vacation period. Where, the sports trainers at AAU selected a number of students based on specific conditions and conduct a comprehensive health follow-up by sending a customized nutrition program that takes into account their physical and health needs and providing them

with videos of exercises that suit their abilities.

[Press Release Link](#)