

Activity Report Nov 2016

Importance of Core strengthening: A Practical Workshop

Date: November 6th 2016

Project leaders: Deepali, Neena,Uma, Neeti

Venue: Dr. Banasaheb Ambedkar Marathwada University Premises.

Attendance: 40

Time: 6am-8am

Details:

- GetGoing is the pioneer of Marathons in Aurangabad. - Running needs a strong core. The importance of core muscles and its strengthening needs to emphasize.
- Many amateurs do not know about the benefits of strong core.
- To acknowledge this Getgoing organized a special training workshop for core muscle strengthening By Expert trainer Ms. Sandhya Mukul. - Sandhya Mukul herself is an athlete and certified trainer too.
- She conducted this session with scientific information on core muscles and the importance of its strengthening.
- The session included performing core strengthening excersise under the guidance of Sandhya.
- The session was open to men too.
- The session was followed by healthy snacks and Enerzal.