

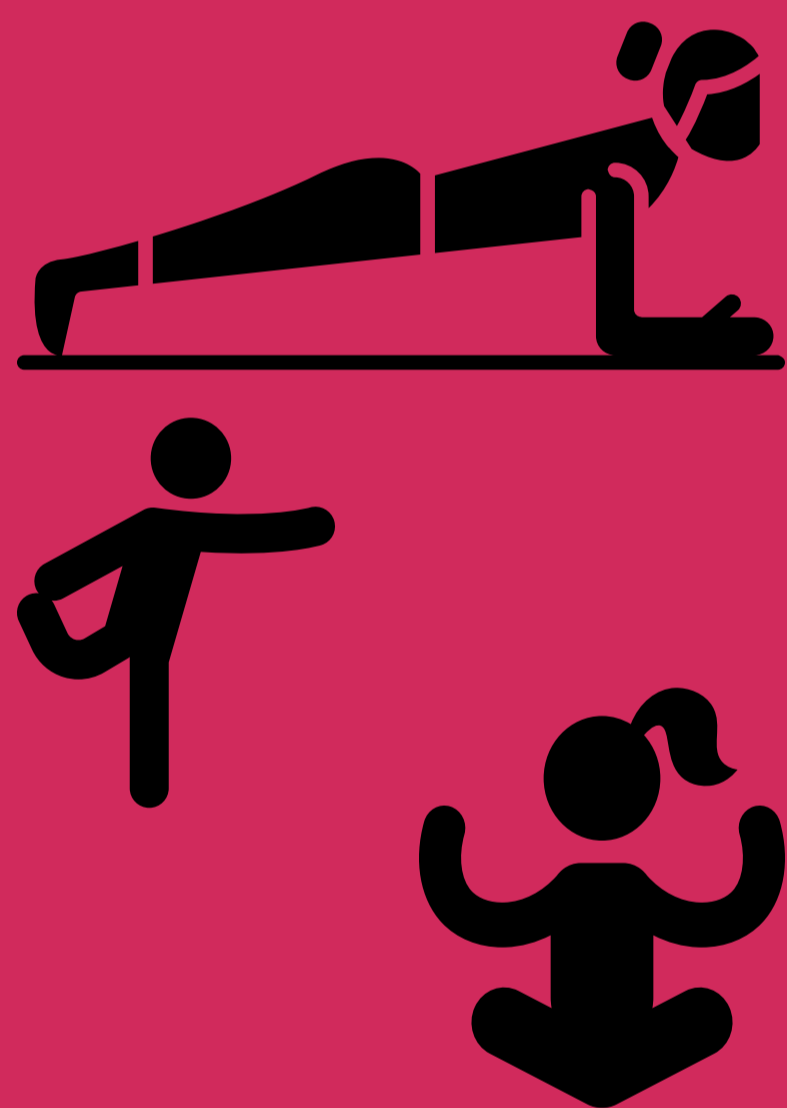
Calling All UFIT Instructors Calling All Inclusive Exercise Professionals

We need you!

At a global scale, the COVID-19 outbreak is affecting our daily lives. During these challenging times, it is important to keep physically active to reap all the physical, emotional and social benefits associated to exercise. In this context, we are looking for exercise professionals to encourage and support people with disabilities and chronic conditions to get active and exercise from home!

Exercise for everyone

- Yoga
- Meditation
- Pilates
- Dance
- Boxing
- HIIT
- Fitness
- Games
- ...



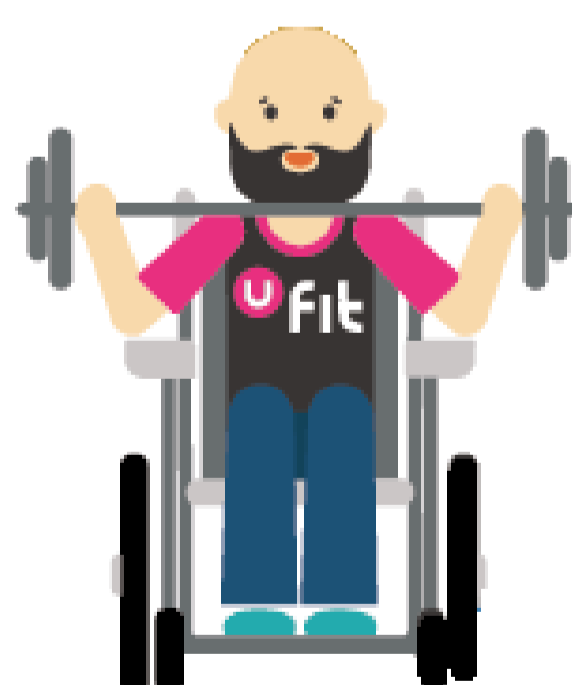
For children, adults & seniors

How can you contribute?

There are 2 options:

- Record a short activity (5-10min) or an exercise session (20-30min) and send it to the UFIT Global Team.
- Organise a 'UFIT Q&A live session' using social media to solve all exercise-related doubts that people with disabilities and chronic conditions may have!

UFIT open repository for everyone



The UFIT Global Team will launch an open repository with **inclusive activities and exercise sessions targeted at people with disabilities and chronic conditions**. Also, UFIT Q&A live sessions will be organised to clarify doubts, suggest exercise adaptations & motivate everyone to be active!

What are the next steps?

Please contact the UFIT Team to express your interest
info@justdoufit.com