

GMS takes up the Challenge! - Hand in Hand with DFC KG to Grade 12

'Take care of your body, it's the only place you have to live.' - Jim Rohn

We are fortunate to live in a country that cares for our wellbeing and initiates programmes to keep us healthy and happy. Dubai Fitness Challenge is one such wonderful opportunity for us to get in shape and has been running successfully for 4 years.

We at GMS, wholeheartedly accept this challenge and join hands with DFC to put ourselves on a journey to good health.

Parents and teachers

We will be offering a Free Fitness Programme for our parents and teachers which will be a package of aerobics, meditation and workout sessions carried out online in the morning from **5 a.m. to 5:30 a.m.**

This programme will run throughout the DFC from **30/10/20 to 24/11/20** for 30 minutes every morning for 30 days.

Separate programmes are planned for the men and women. Ms.Anupama will lead the programme for women and Mr.Sumesh for the men. Links for the same will be as follows:

Men: SESSION LINK: <https://meet.google.com/iyc-gfkn-gco>
LIVE LINK: <https://stream.meet.google.com/stream/75bb1cd0-9ceb-499a-8285-ac01e427c64b>

Women: SESSION LINK: <https://meet.google.com/rao-aaex-qyu>
LIVE LINK: <https://stream.meet.google.com/stream/1b0cc6a0-de59-4466-86f0-c1959d3d55db>

(Note: If the number of participants goes beyond 100, you won't be able to enter through session link, in that case use live link to attend the session.)

Students

All students may take 15 minutes out of their daily routine, preferably in the morning, and engage in these exercises or any other of their choice.

- Jumping and skipping
- Squats and plank
- Sit-Ups and Push-Ups.
- Stretching
- Meditation / Yoga
- Hola Hoop
- High knees

Let's get moving and enjoy the early morning fitness regimen.

Warm Regards,
Gulf Model School, Dubai