

# HEALTHY LIVING W/COV



**"running is a sports activity that can help me reduce stress very well, improve physical strength, In 5 weeks, I completed my 150km goal for a total of 19.55 hours of running. Fitness and health have improved significantly."**



**"with the enthusiastic spirit and enthusiasm of the whole group, the fatigue was gone and everyone was trying to encourage each other I have completed a total distance of 301 km with a total time of 27 hours and 48 minutes and an average avg of 4:55m/km."**



**"Running has brought many positive and beneficial results to my mental and physical health. Thanks to running, I have trained my physical strength and the habit of maintaining sports every day. In this activity, I completed 152km in 5 weeks with a total running time of 35 hours."**