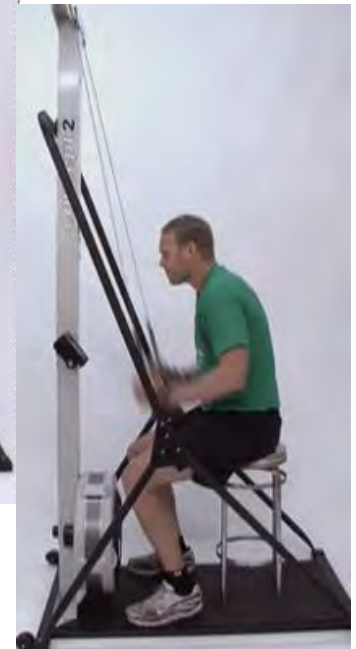
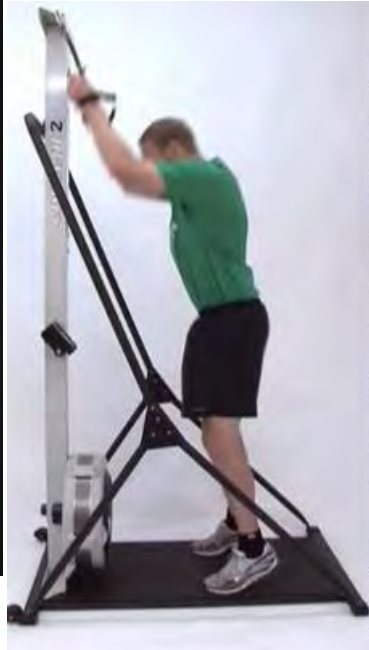
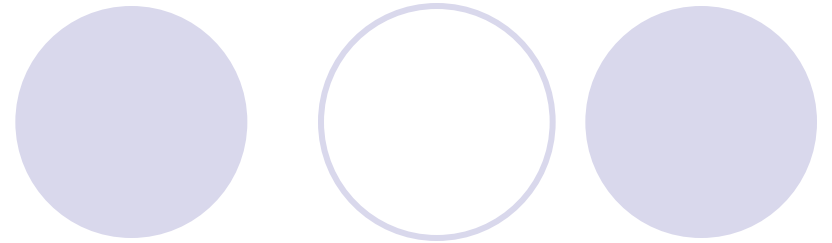
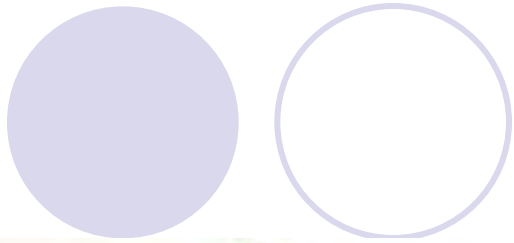


Free style Nordic





Canoe





Kajak

D. Mitić

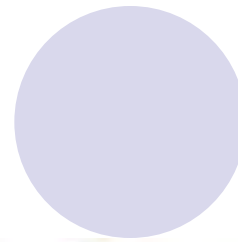
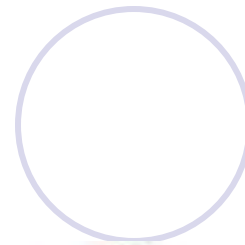
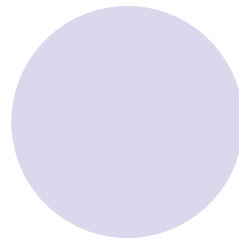
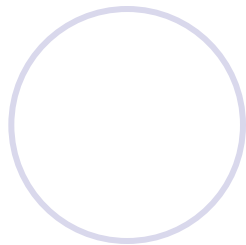
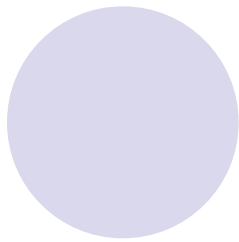


D. Mitić

Swimming

Cross trainer

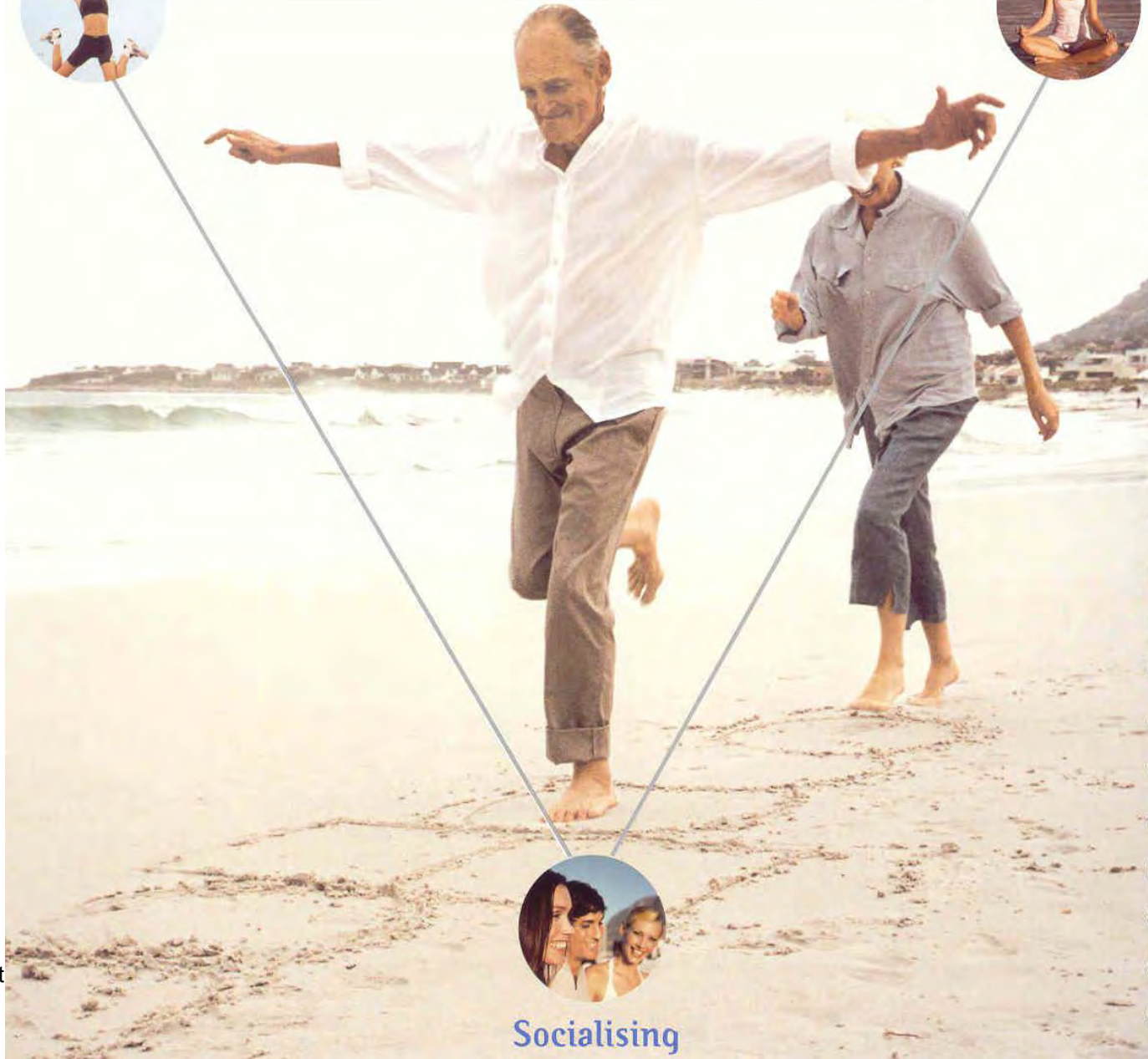




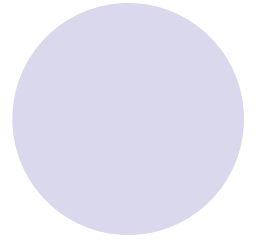
Wave

Movement and nutrition

Inner calm



Socialising



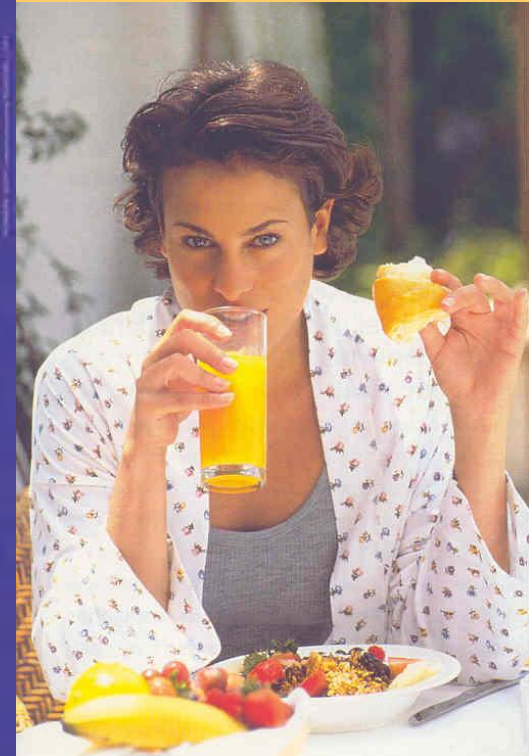
THE ROAD TO 'WELLNESS'



BENEFITS OF PHYSICAL ACTIVITY



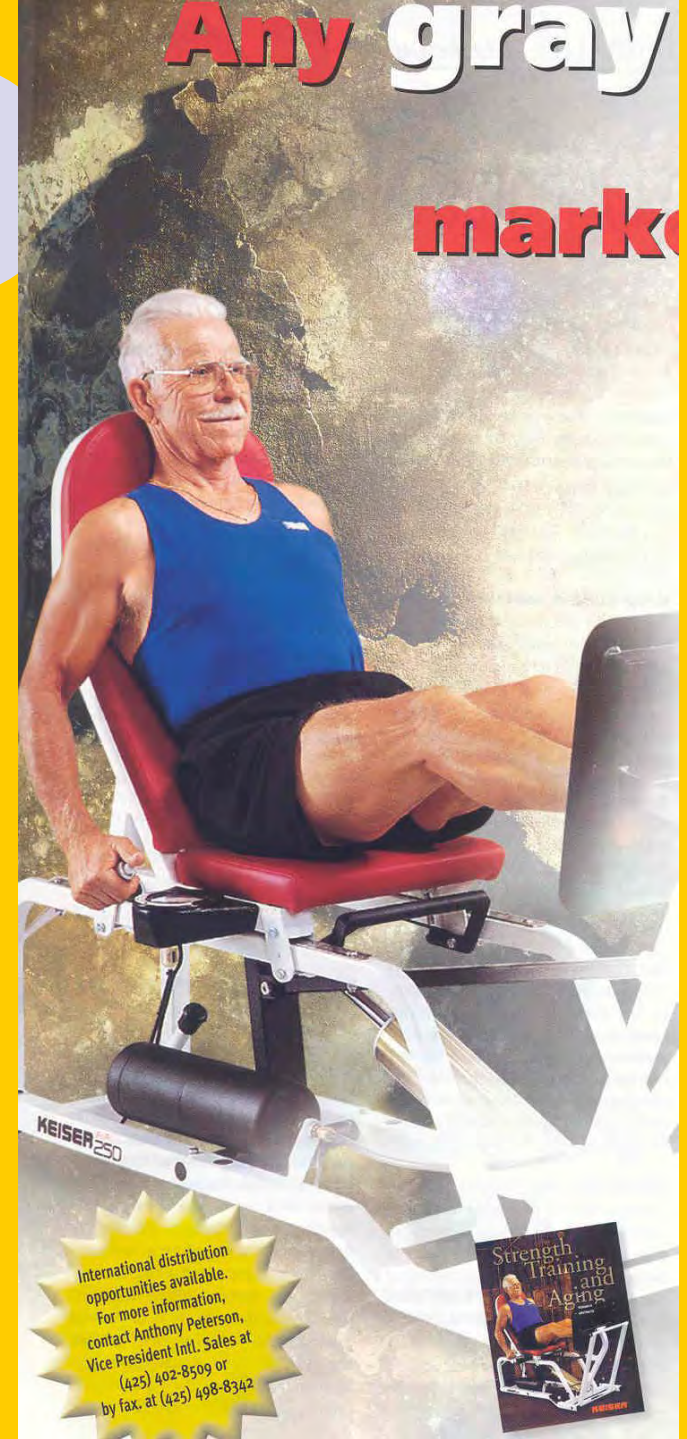
For the quality of life



Do you have to
practice...

D. Mitić

**Any gray
mark**



The advertisement features a photograph of an elderly man with white hair and glasses, wearing a blue tank top and black shorts, sitting on a red Keiser 250 exercise bike. He is smiling and looking towards the camera. The bike is white with a red seat and backrest. The background is a textured, light-colored wall. The text 'Any gray mark' is written in large, bold, red and white letters at the top. A yellow starburst graphic at the bottom left contains contact information. A small inset image at the bottom right shows a book titled 'Strength, Training, and Aging' with a picture of a woman on the cover.

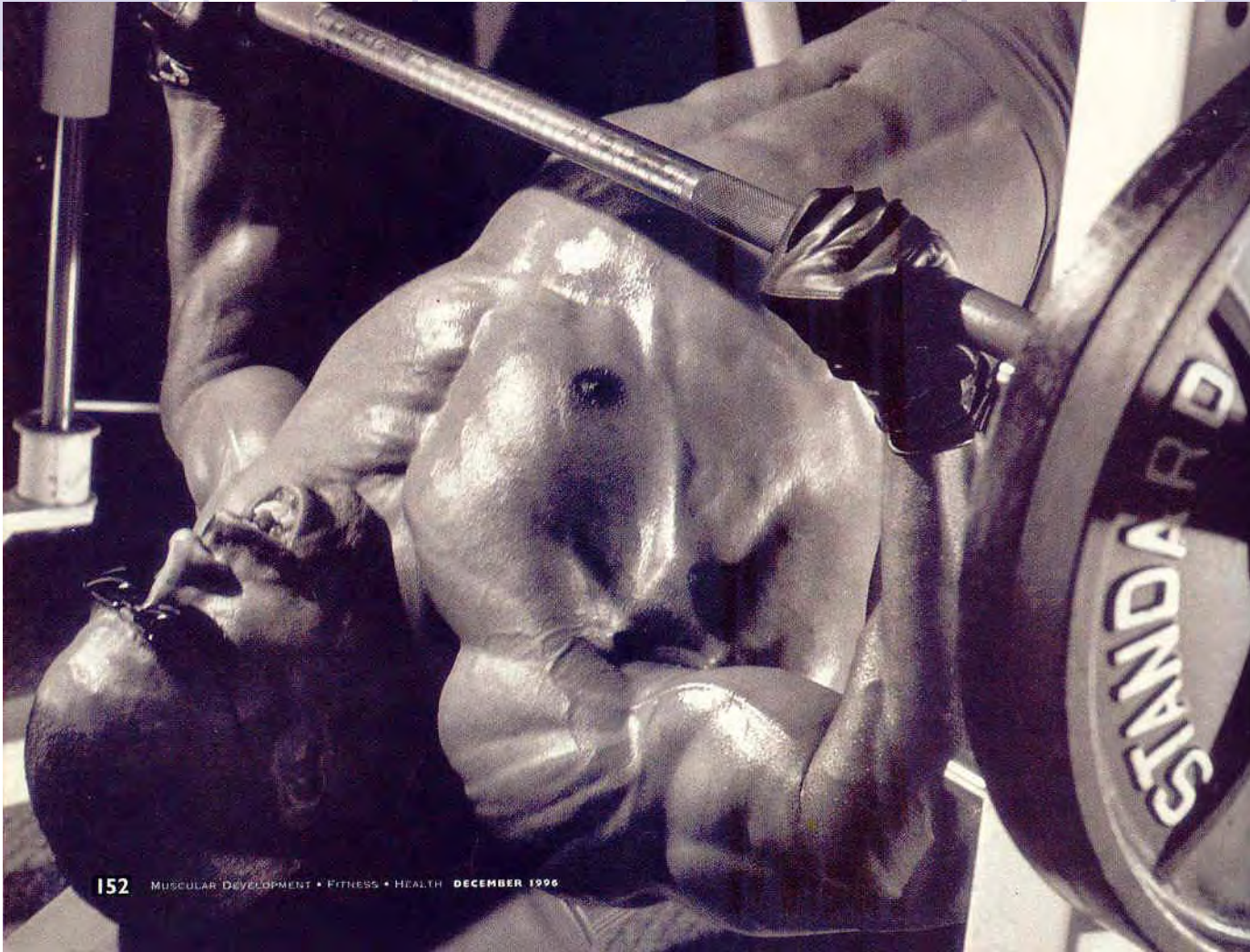
International distribution opportunities available. For more information, contact Anthony Peterson, Vice President Intl. Sales at (425) 402-8509 or by fax, at (425) 498-8342

Strength, Training, and Aging

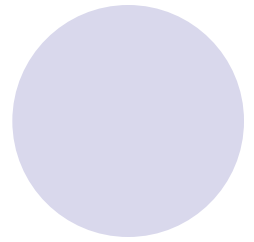
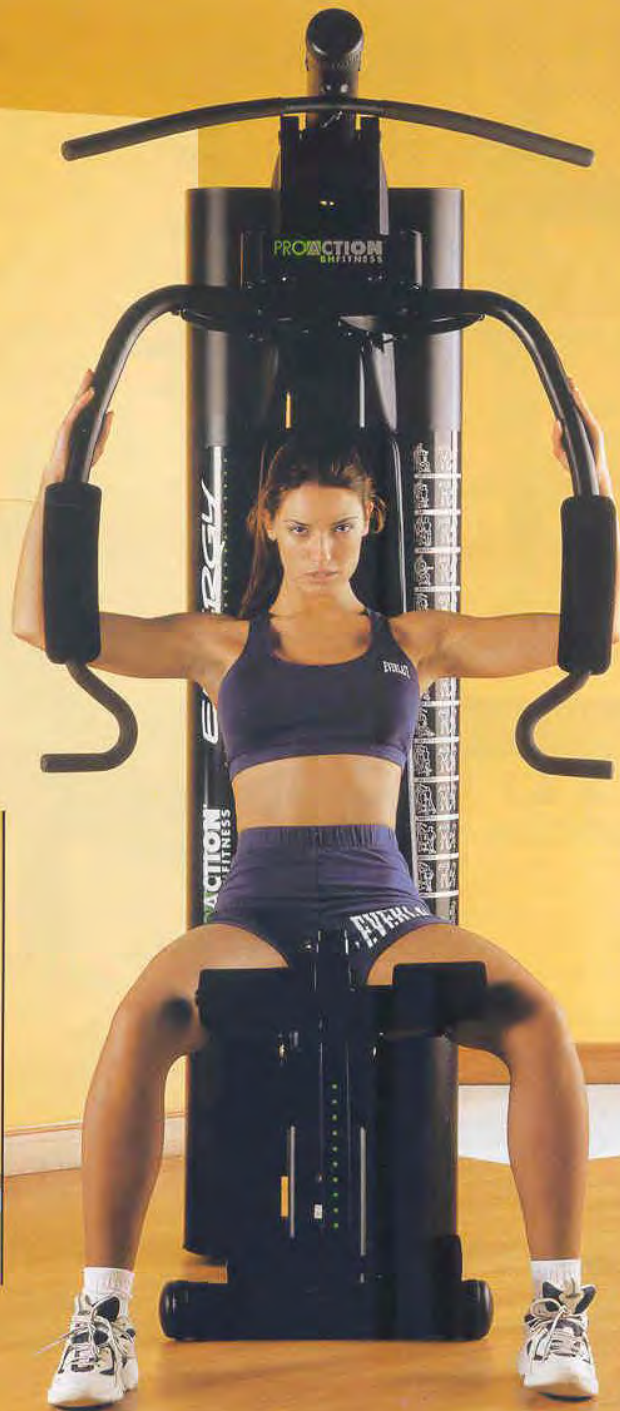
Isotonic machine

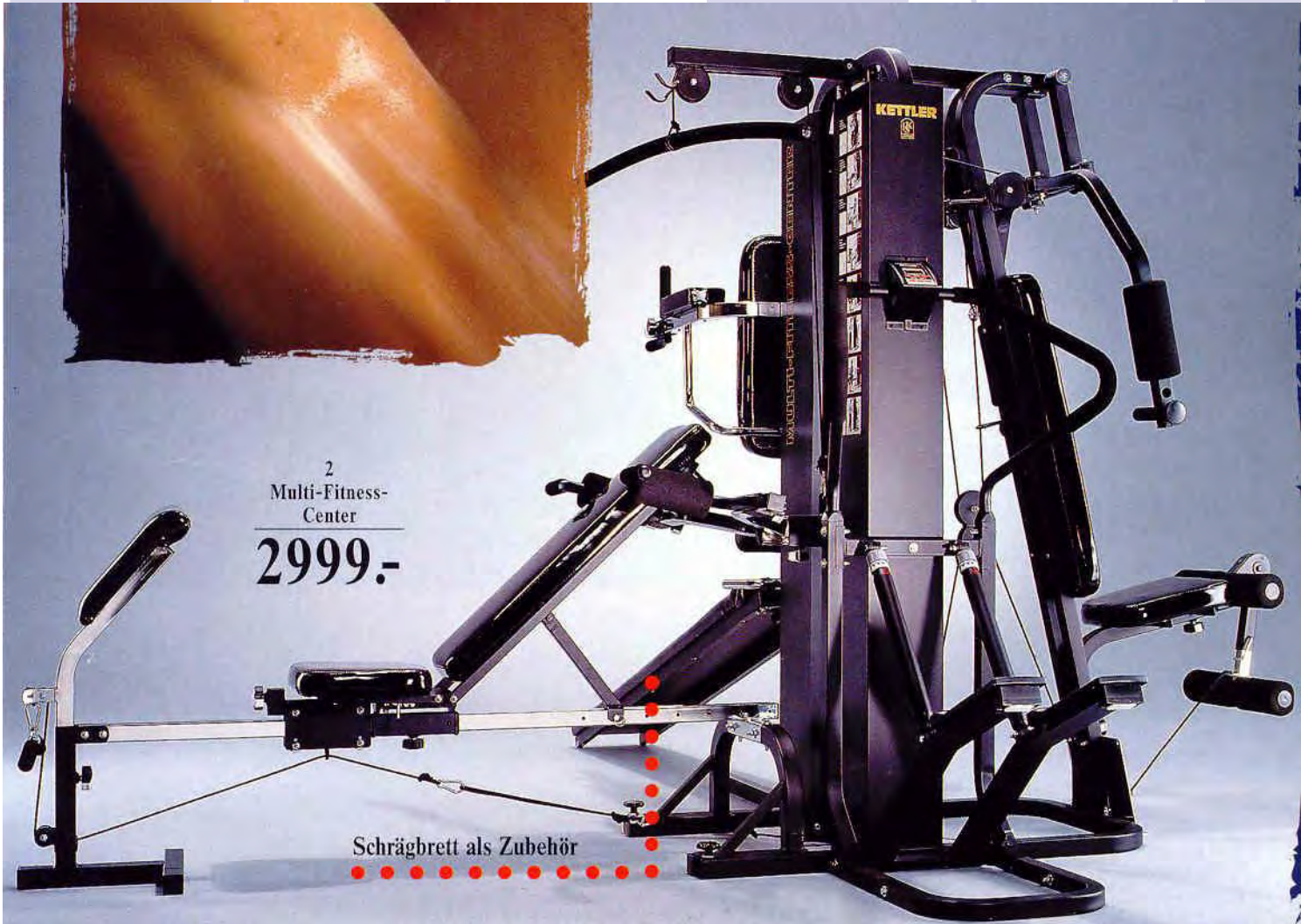


- Isolated movement
- Reduced risk of injury
- Faster changes exercisers
- A small number of instructors



ENERGY





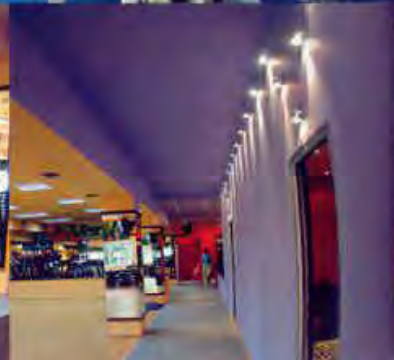
2
Multi-Fitness-
Center

2999.-

Schrägbrett als Zubehör









New trends



Required attendance trainer



FUNKCIONAL TRAINING



Stretching



Disabled people





Hospitality

FUN AND FIT

Club atmosphere



Group fitness program

Different models of exercise

- Music
- Equipment
- Movement

- Pilates
- Yoga
- Stretching

- Dance
- Step
- Kick box
- Martial arts
- Aquarobic
- Elastic tape
- Fexi bar
- Magic ring
- Small bals
- ...

Fitness buzines

- domestic intelligence

franchise ZUM-ZUM

The idea that elaborates

Paying example and music

Licenc

Lens Mils

- Club - a program - music - instructing
- For three months, a new program

**Thanks for
attention**



dusan.mitic@dif.bg.ac.rs