

Sweat for Life!

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Objectives :

- To promote a healthy life style.
- To help people gain self-confidence and self-esteem.
- To increase awareness by informing the community on the possible complications of being an obese.

Programs and activities

- Saturday(Morning) Cardio –Exercises will be held, for about 2 to 3 hours.
- Saturday (Afternoon) will have seminar for proper diet and nutrition.

Time frame

- February to July 2012.

Inspirational Quote

Everyone thinks of changing the world, but no one thinks of changing himself.

-Leo Tolstoy

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