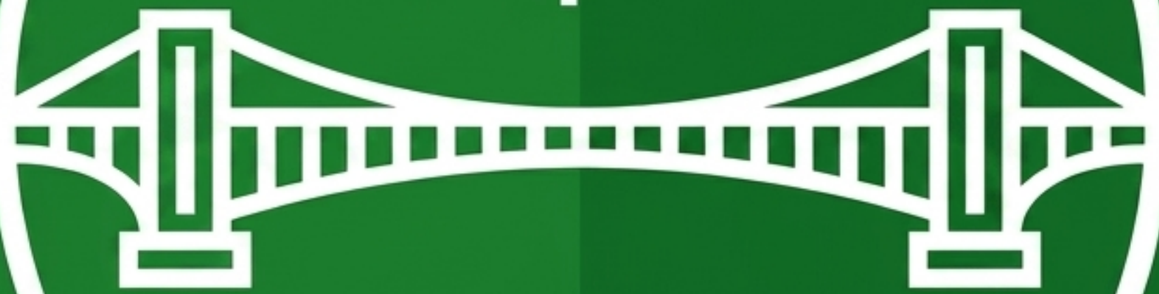
The Importance of Sport.



A bridge between mind and body. A universal language to know oneself.

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Doing sport means loving yourself.



Not just fatigue: Precious time dedicated to yourself.

Listening: Learning to understand the needs and limits of your body.

A project: An important step for your well-being and to feel at home in a new city.

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How sport helps the Mind

Sociality:
Learning to act as a team, collaborate and find new friends

Rules:
Teaches how to accept victories and manage defeats with respect.



Zero Stress:
Frees from daily tensions and improves mood

Self-esteem:
Overcoming one's limits gives self-confidence

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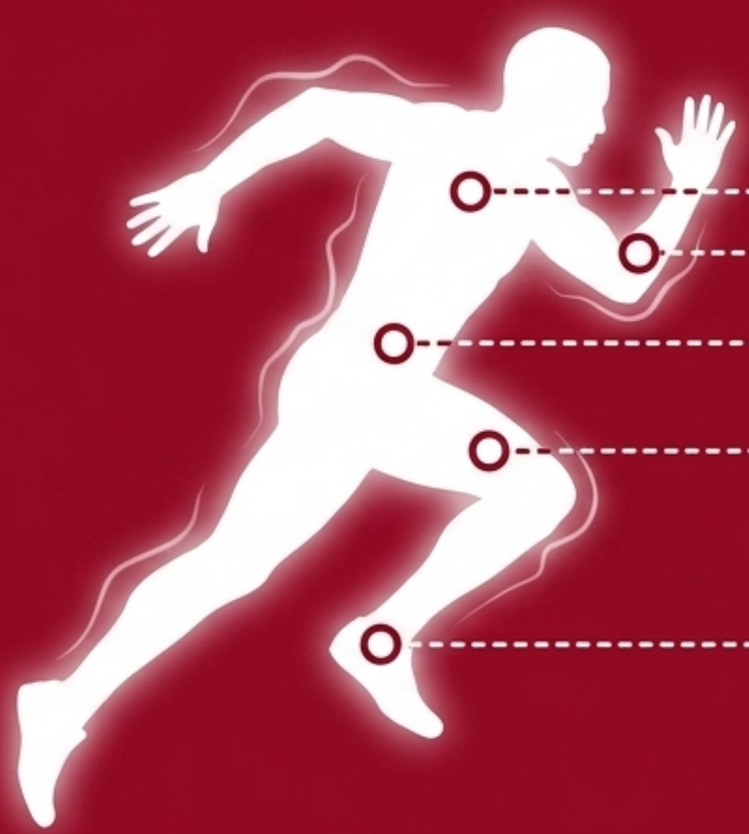
How sport helps the Body



- Improves circulation, strengthens the heart
- Makes bones strong and prevents injuries
- Reduces fatigue, makes you wake up rested and active
- Helps burn calories and maintain the right weight
- Improves the immune system, makes you get sick less

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The Perfect Harmony

The Result



Body Side:
Moving regularly creates clean energy in the body...



Mind Side:
...this energy helps the mind discharge negative thoughts...

...you feel stronger, serene and ready for everyday challenges.

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Passions that unite us: Sport in the world.

				
Italy	Soccer (Juve, Milan, Inter)	Volleyball & Tennis (Sinner)	-	Cycling
Egypt	Soccer (Al Ahly, Zamalek)	Squash (Excellence)	Weightlifting	Handball
Morocco	Soccer (National Team)	Equestrian Sports (Fantasia)	Boxing	Athletics (Running)
Tunisia	Soccer	Tennis (Ons Jabeur) & Volleyball	Combat Sports	Handball

Notice something? Soccer and team sports are a passion that unites us all!

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Joining a team, joining the community.



Discover the Territory: Exploring new neighborhoods, gyms, and playing fields in the city of Milan.

3

Network: Meeting peers and creating new friendships outside the reception center.

2

Learn the Language: Listening to the coach and talking with teammates on the field improves your Italian naturally and quickly.

1

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Your word in the circle.

Today we discovered that sport is health, mind, body, rules, friends and home.



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