

Abstract

Topic: Flowin and it's use for the health influence

Title:

In my work, I will try to achieve the goal of eliminating the current deficit of physical activity, which is the consequence of the current lifestyle of most of our population.

Objectives:

Furthermore, I would like to point on exercising itself and it's need for human health.

With it, we get into another goal which could be new types of physical exercise which might be interesting and motivational for people. At the last, I will be pointing at Flowin and it's uses.

Methods:

After I have studied the professional literature and from my own experiences I have created my own methods and their uses for all the trainees in their current state of health.

Results:

I found out that current lifestyle is taking from us the natural physical activity which we have to compensate for new more exciting and motivational type of physical exercises. One of them could be Flowin.

I have come to a point that physical activity brings a positive influence on human health mainly because of civilization diseases.

Flowin is used for medical purpose, in schools, by athletes and also for the public.

In my work, I have developed uses for athletes and the public.

Keywords:

Lifestyle, Physical activity, civilization diseases, types of physical exercises