



## Sports Activities Student Affairs

The Department continued to motivate students and employees to continue exercising offering them the following during that week:

- Sending weekly emails about exercises to strengthen the abdominal and back muscles known as "Core".
- Supporting the efforts of the University Sports Union and the Sports Union for All in collaboration with the Marketing Office by sharing a link with the students in order to encourage them to keep exercising. This was posted on Twitter and the University Instagram account.