



Sports Activities Student Affairs

The Department raised awareness of the DAH community, via emails, about strengthening the muscles of the back and offered the following guidelines:

- Defining/introducing of the muscles of the back and their importance.
- Explaining the causes of lower back muscle strain.
- Stressing the importance of strengthening the muscles of the back.
- Providing links of exercises that strengthen the muscles of the back

An initiative "30 Days' Challenge" was launched and presented in collaboration with a club in Jeddah (نادي رمز (البحرّة)). The program encouraged those who enrolled in it to persist in their sports activities and motivated them by promising them that they would see positive changes at the end of the program.