

READY TO START
for your health

AYCM.HU

Dear Colleagues!

We're not getting stronger from indoors!

It is fact that the last few months was not about the summer shape, or achieving the perfect body. Every employee was organizing their home office atmosphere, those who are more conscious even tried home training too. Let's face it, it is good, but isn't quite the right category.

We nostalgically think back to those gym days, lifting weights, and running on the treadmills.

Many people have said, what should we do in the pandemic period, and we didn't know what to believe, but it is time to prepare.

The Medical Adviser of All You Can Move, **Dr. Kulja András** described, how sports effects to the immune system.



After a long period at home, we can start the regular exercise again.

With returning to exercise, we can prevent these diseases, and we also can strengthen our immune system.

Many studies have confirmed, that the regular - daily 45 mins - medium intensity exercise can significantly improve the mechanism our immune system.

Exercises over 90 minutes, or the ones what are too intensive, are not strengthens, but weakens the body's capability of defense.

[READ ARTICLE](#)

The country is the stage of sports again!

With the end of the curfew, the AYCM SportPass reopens the opportunity to endless possibilities!

It's for you to use!

Let's see for what, and where! Click to the picture:

*Sport gives meaning to your life
Try it all!*



cross training | swimming | box
tennis | ball games | martial arts
yoga | wall climbing | acrobatics
and **141** more types of sports

20 AYCM
CELEBRATING 20 YEARS

AYCM MEANS THE ENDLESS POSSIBILITIES!

If you would like to request an AYCM SportPass, visit [AYCM website](#).

Do sports for your health, AYCM is still with you!

Let's take care of each other!

Best regards:
the AYCM team

