

10 activities to do in Gines.



➤ Running

Running is an activity related to endurance and speed, which you can do anywhere, including Gines.



➤ Gardening

Gardening (mowing the lawn, raking leaves), helps you improve your strength and is highly recommended and healthy



➤ Dancing

Dancing is something very simple that can help improve stamina and sometimes flexibility.



➤ Climbing stairs

This is a common activity related to strength and endurance. You can do this many places: in your house, in a flat...



➤ Bicycling

Riding a bicycle is a very useful activity to improve your strength and endurance.



➤ Swimming

Swimming is related to endurance, speed, and sometimes strength as well. Is very funny and healthy.



➤ Climb hills.

You can do this on any hill or incline street, improve your stamina, strength and speed.



➤ Pick up trash

With this you work strength and some flexibility. It is also a good activity for the environment.



➤ Do home activities

With this you can work on strength and flexibility and at the same time help at home.



➤ Go to outdoor exercise parks.

There you can work your strength, resistance and flexibility and it is very useful and healthy.

