

BENITO has installed a healthy area in Morocco with the aim of promoting exercise and a healthy lifestyle.



Abdominal
JSA015N



Bars
JSA004N



Climber
JSA006N



Hockey
JSA007N



Pull Down
JSA010N



Rowing
JSA008N



Wheels
JSA005N



Morocco has installed a **healthy circuit** to promote physical activity at a social level.

These past years, sports practice has increased and, as a result, more and more city councils have equipped cities, thus making sports accessible to everyone.

Among the main advantages of this kind of equipment, we find:

- Offering free sports practice
- Developing articular mobility, flexibility and motor coordination
- Improving strength and muscular resistance
- Avoiding sedentarism
- Maintaining or improving the users' autonomy and quality of life

