THE PROBLEM OF INACTIVITY IN INDIA

- Study from 2019 shows more than 4 in 5 school going children were not getting the WHO recommended 60 minutes of daily physical activities.
- Less than 10% of Indian adults meet the WHO recommended 150 minutes of moderate physical activity or 75 minutes of rigorous activity per week.
- Only 3% of Indian women meet the minimum healthy levels of physical activity.

BENEFITS OF PHYSICAL ACTIVITIES FOR ADULTS

- Reduced risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, obesity, depression, risk of falls, and improvements in bone and functional health.
- Joint and tendon strengthening.
- Reduces stress, anxiety and depression.

WHAT IS PHYSICAL ACTIVITY?

- Anything that involves physical movement and expends energy.
- Some examples are running, walking, gardening, climbing stairs, cycling.
- Can be performed at recreational level, all the way to elite level athletes.
BENEFITS OF PHYSICAL ACTIVITIES

FOR CHILDREN AND ADOLESCENTS

- Develop healthy habits from an early age
- Provide a pathway to become a healthy adult
- Develops discipline, proper sleeping pattern, motor skills and coordination, cognitive ability
- Increased focus in academics
- Helps build a foundation for playing sports, regardless of the level
- Increased physical and mental health

FITNESS FOR ALL

HOW WE TACKLE THESE?

- Bespoke physical activities for all levels
- Starting young (Programs for participants from the age of 3 years)
- Focus on increased participation for all, regardless of gender and athletic abilities, through simple, fun-filled and movement-based exercises
- Online sessions to combat lack of playing area/space, without needing equipments
- Making children fall in love with physical activities
WHAT WE DO

- Provide sports specific training
- Periodised strength and conditioning plan to enhance performance in respective sports
- Strength training, plyometrics, power, endurance and conditioning for peak performance
- Pliability, flexibility and injury prevention

SPORTS STRENGTH AND CONDITIONING

BENEFITS FOR RECREATIONAL AS WELL AS PRO ATHLETES

- Understand the athletes' strengths, area of improvement and provide a tailored plan & progression
- Varying training volume and load for different phases of the season (off-season, pre-season and in-season)
- Bespoke training program for different sports and different positions (e.g. Goalkeeper training is different than an outfielder's training plan)
WHAT THEY SAY

"I'VE ENJOYED THE TRAINING SO MUCH AND AM GRATEFUL FOR YOUR SUPPORT. YOUR STRENGTH AND CONDITIONING TRAINING HELPED ME A LOT IN MY GAME. I GOT STRONGER, POWERFUL AND BECAME A MUCH FITTER ATHLETE. THAT TRANSLATED TO MY OVERALL GAME."

GANGA WAIKHOM, MANIPUR WOMEN'S CRICKETER

"THANK YOU SPORTS PLUS FOR YOUR DEDICATION AND HARD WORK. IT HELPS A LOT IN NURTURING OUR CHILDREN, PHYSICALLY AND MENTALLY."

RISHIKESH MAISNAM, PARENT OF MULTI ACTIVITIES CLUB PARTICIPANTS

"OUR CHILDREN HAVE DEVELOPED TREMENDOUSLY, PHYSICALLY AND MENTALLY. THEY NOW HAVE A PROPER SLEEP PATTERN, EAT HEALTHY AND MOST IMPORTANTLY, DEVELOPED DISCIPLINE AND PUNCTUALITY."

PARENT (ANONYMOUS)

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SPORTS PLUS

Thangmeiband Kabrambam Leikai Imphal, Manipur - 795004

jenson@sportsplusdevelopment.com
www.sportsplusdevelopment.com

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@SPORTSPLUSDEVELOPMENT