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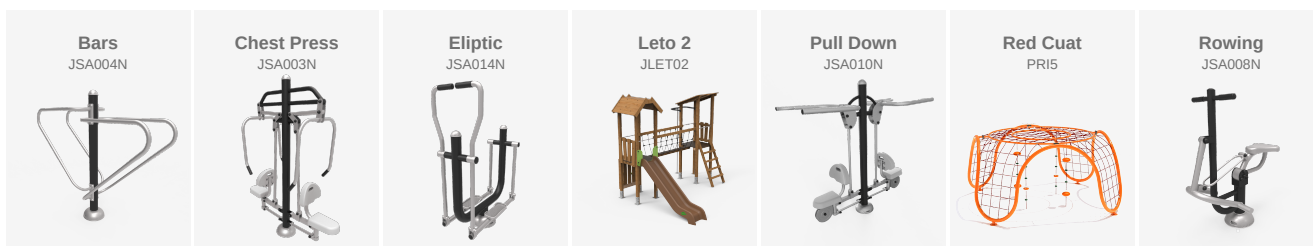
Dubai (UAE)



In the town of San Juan, Puerto Rico, they promote physical activity and a healthy lifestyle by installing areas with fitness elements, providing notable benefits for cardiovascular health, muscle strength, and coordination.

Puerto Rico

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In Dubai (United Arab Emirates), various initiatives have been launched to promote an active and healthy outdoor lifestyle. **A wide range of sports equipment has been introduced in public spaces**, including elliptical machines, chest presses, exercise bars, rowing machines, pulleys, and more. These areas are designed for outdoor sports and physical exercise.

In order to protect users from the scorching heat that characterizes the summer months in Dubai, these spaces have been covered with **geovelas** provided by Benito Urban. These structures not only provide shade and protection against intense solar radiation, but also contribute to creating more comfortable and attractive outdoor environments for physical activity and general well-being.

In addition to these facilities for adults, a playground has also been opened as part of the **LETO collection**, accompanied by the impressive **RED CUAT structure**, spanning over 50 square meters. Furthermore, this playground is equipped with swings, seesaws, and other games for the entertainment of younger children. Like in the adult areas, geovelas are also present in the playground to protect children from the heat while they enjoy their outdoor activities.



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Abdominal JSA015N	Bicycle JSA018N	Chest Press JSA003N	Hockey JSA007N	Rowing JSA008N
				

Puerto Rico has taken a significant step towards promoting healthy lifestyles and improving the overall well-being of its population by installing circuits equipped with fitness and health elements. This initiative is not only transforming the urban landscape but also leaving a positive impact on cardiovascular health, muscular strength, and coordination for those participating in these activities.

Fitness elements designed to target different muscle groups are part of circuits aimed at strengthening the entire body comprehensively. This approach not only helps prevent injuries but also enhances overall physical endurance. As a result, individuals can enjoy a more active and functional life, benefiting not only in terms of health but also in their ability to engage in various physical activities with greater ease.

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