

## 🌿 5th Week A Success Story from Cascais, Portugal 🌿



In Cascais, Portugal, Weople implemented a 5-week Fit-Yoga-Dance 55+ program with 10 senior women aged 55 to 76. Their testimonials highlight the positive experiences and outcomes of the initiative.

### 💬 What Participants Had to Say

- *"I learned to relax and enjoy nature, and the fact that I can use a smartwatch now."*
- *"I've become much more aware of my posture, which has helped improve my back pain. The classes were fun, fulfilling, and the camaraderie was wonderful. The teachers brought so much more than expected, sharing their expertise and guiding us to fully enjoy dance and yoga. A big thank you!"*
- *"The instructors were friendly, and I really enjoyed the yoga, with the dance offering a refreshing change. I also learned a lot about using smartwatches to monitor my training."*
- *"The course helped me improve both my flexibility and my mental well-being. It was a good balance of challenge and relaxation. The teachers created a welcoming atmosphere and explained everything with patience."*
- *"Dance has helped me improve coordination and body awareness. It's an activity that keeps me active and gives me more energy. Plus, it has a very positive impact on my mood."*

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### **What Participants Had to Say**

*“Encouraging, energizing and fulfilling”*

*“Friendly, warm and fantastic”*

*“Engaging, supportive, fun”*

*“Effort, dynamic, challenging”*

*“Dynamic, social, inspiring”*

*“Fun and energizing”*

*“Gratitude, lightness, emotion”*

*“Rewarding, new, vital”*

*“Useful, necessary, joyful”*

*“Victory, calm, challenge”*