

# Gym - Burgeoning Fad For Fitness



The Mayo Gym has seen a surge in the number of students in the past few years who have become genuinely conscious about their fitness and upkeep. There is a large number of boys from a cross section of games and sports who are coming to the now for fitness training and advice. Weight training under the guidance of our coach Mr. Aman who is an accomplished athlete and bodybuilder, has helped boys gain significant amount of confidence, a palpable improvement in performance in different sports they play and a good physical appearance. Today fitness and weight control have gained the status of grave global issues acknowledged by all schools and we are happy to say we are working with interesting results.

There has been an awareness among the boys regarding the benefits of a fit and a strong physique. They have come up with problems of obesity and lack of stamina and endurance which have been considerably rectified by assigning them fitness regimens and routines according to their age and capacity. Following a regular fitness these boys have not only lost excess weight but also developed good physiques with great endurance and stamina helping



them so well in all spheres. There is a general happiness some of them have been able to achieve through our fitness programme.

Mayo gym is well equipped and impressive now with new automated treadmill, crosstrainer and myriad other apparatus and free weights which is a proud asset for a school. Even the faculty has been using the gym with urgency and enthusiasm which is an encouraging trend for the school considering the fact that fitness and exercise are regarded with utmost seriousness and sincerity around the world today and there are no compromises in that.

I am sure we will be able to maintain this amazing facility in the school and even add to it to make it more welcoming for all others in times ahead.

