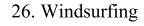
## 50 ways to GET ACTIVE in KAUST



- 1. Cycling
- 2. Walking
- 3. Use the stairs
- 4. GCC
- 5. Tennis
- 6. Squash
- 7. Diving
- 8. Bowling
- 9. Yoga
- 10. Boot Camp
- 11. Circuits
- 12. High Intensity Interval
- 13. Sikaran
- 14. Spinning
- 15. Gym
- 16. Running
- 17. Badminton
- 18. Climbing / Bouldering
- 19. Ballet
- 20. Basketball
- 21. Skateboarding
- 22. Rollerblading
- 23. Super Abs
- 24. Volleyball
- 25. Soccer / Football



- 27. Wakeboarding
- 28. Stand up paddling
- 29. Baseball
- 30. Sailing
- 31. Swimming
- 32. Pedalo boat
- 33. Kayaking
- 34. Boccia
- 35.Ultimate Frisbee
- 36. Table tennis
- 37. Billiards/Pool
- 38. Air hockey
- 39. Golf
- 40. Kickboxing
- 41. Apnoe diving
- 42. Snorkeling
- 43. Dragon boat
- 44. Cricket
- 45. Racquetball
- 46. Scuba diving
- 47. Rugby
- 48. Karate
- 49. Zumba
- 50. Salsa









