

Health promotion, aerobic dance leader in Southern Thailand



Core SDGs 3.3.2 Health outreach programmes (Local Community)

Related SDGs 17.2.1 Relationships with regional NGOs and government for SDG policy

Leaders learn skills to teach aerobic dance for health.

Aerobic Dance Association of Thailand



Leader of aerobic dance, number 205 people from 10 provinces in the south of Thailand. Have the knowledge and skills to teach safe dances.



The network of aerobic dance leaders in the southern region led 2,450 people to dance in the exercise yard, safe and reduce injuries.

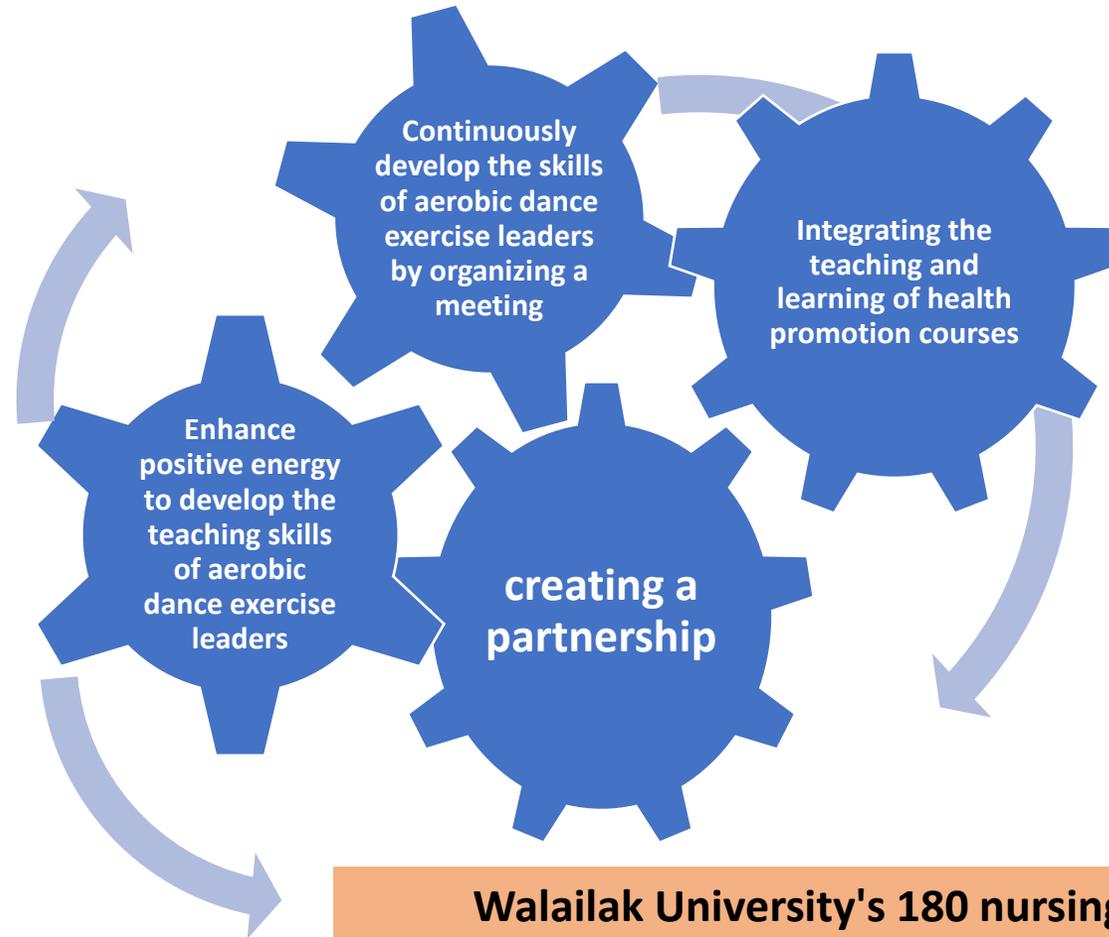


Related Link <https://www.facebook.com/aerobicdanceassociation/>

https://www.facebook.com/Taibon40/?locale=th_TH

Health Promotion Project for Southern Region Aerobic Dance Exercise Leaders

The development process



Walailak University's 180 nursing students have knowledge and skills in exercising correctly and safely. They can use this knowledge in community nursing practice courses.

Results

- 205 leaders in aerobic dancing from 10 provinces in southern Thailand who have the knowledge and skills to teach dance safely.
- The network of aerobic dance leaders in the southern region led 2,450 people to dance in the exercise yard, safely and reduce injuries.

