

“The HABA program has empowered me as a woman...With the knowledge and understanding, skills and techniques that I had gained, I was able to influence other members of our community to come and join us in doing physical activities...”



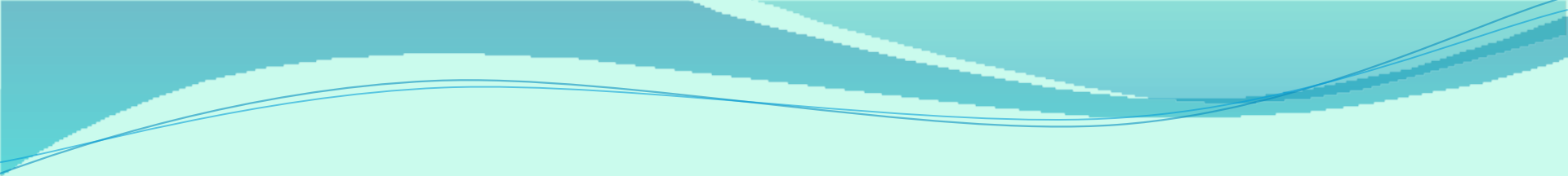




GROUP COVENANTS  
1. PUNCTUALITY  
2. RESPECT  
3. PARTICIPATION  
4. CONFIDENTIALITY  
5. SUPPORTIVE  
6. OPEN MINDS  
7. RESPECT  
8. SUPPORTIVE  
9. OPEN MINDS  
10. RESPECT

EXIT

POSTER ON THE DOOR



“In the course, I learned about the importance of physical activity, how to exercise the right way, using the equipment the right way and especially the breathing...”

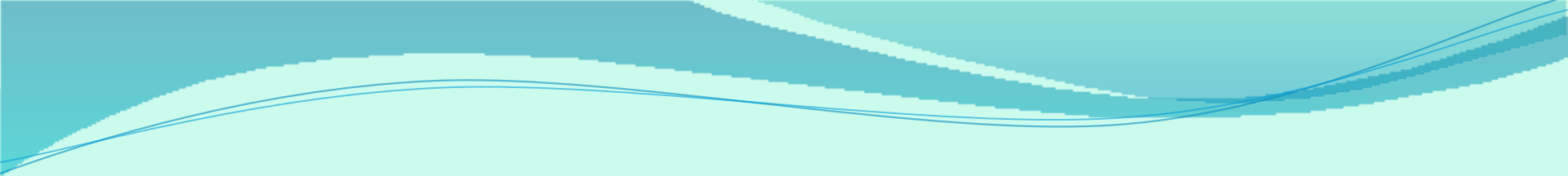
“We have learnt a lot about healthy eating, important things about our bodies and about the importance of vitamins and other minerals, muscle work and so on; the positive ways of dealing with the community and what to expect, the need to exercise and about CPR too.”









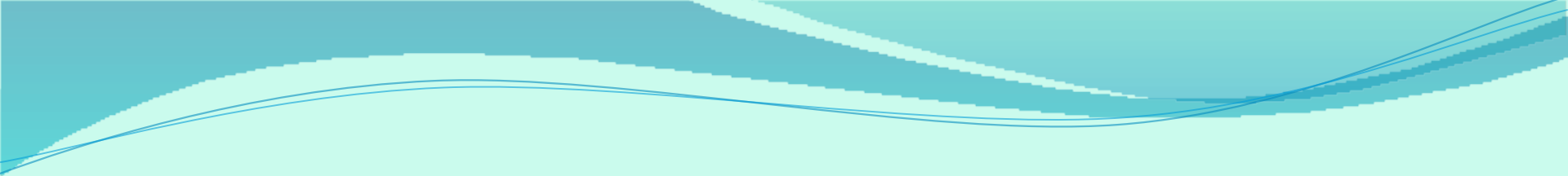


“I have also successfully delivered a few fitness sessions with women from diverse cultural backgrounds. These sessions have given me great pleasure especially when some of the participants told me how they had enjoyed themselves and were looking forward to another session.”









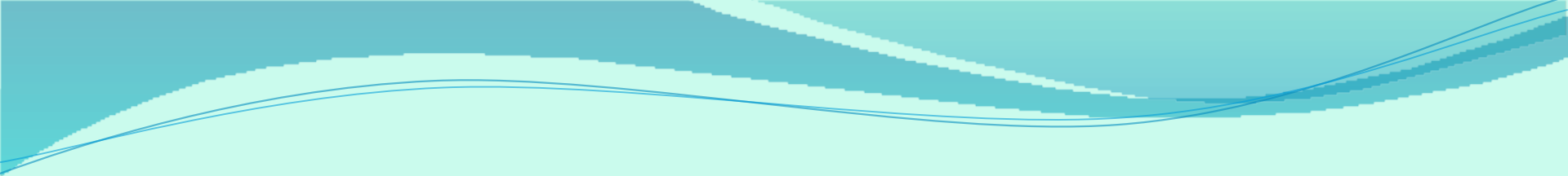
“After finishing my HABA course, Maria and I have started our own fitness group class....sharing with my family, friends and community, I have the confidence to answer some questions that are asked...The most important thing is to be understanding and patience – that is the key to being a good HABA.”











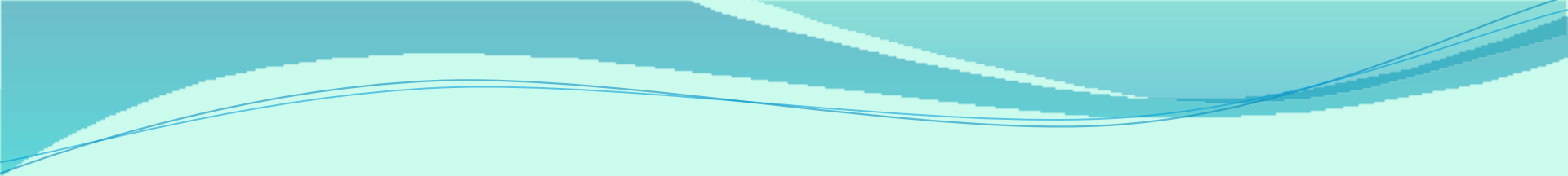
“A friend of the family who was suffering from depression, who hardly left her home and had cut herself off society, has overcome this illness and gained back her self-confidence since joining us in doing physical activities at Ishar.”











“Now that I’ve learned all this, I always remind my family about what is healthy and what is not and even to my friends. I always talk about what I’ve learned. Now I know how to look after my family and especially me.”









“Always remember to stand straight, tuck in your tummy and walk like a princess.”

