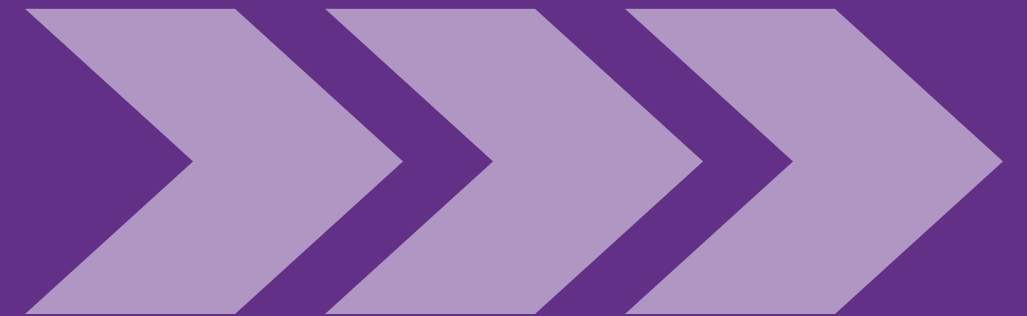




B-STHENOS

BE STRONG
STAY HUMAN





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WHO ARE WE?

B-sthenos was established in 2020 by a community of calisthenics enthusiasts who wanted to improve their physical fitness and develop social bonds through outdoor workouts.



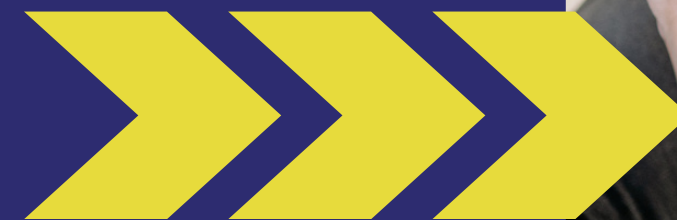
PROBLEM STATEMENT

Sedentary Lifestyle on the Rise

Over the past decade, the sedentary lifestyle among teens and young adults has significantly increased.

Mental Health Impact

Lack of physical activity is also linked to increasing stress, anxiety, and depression among young individuals.



THE STREET WORKOUT & CALISTHENICS SOLUTION



Fiesta Latina



Senegal



Maroc

WHAT IS CALISTHENICS?



Calisthenics are bodyweight-based exercises that can be done anywhere.



Mueller, A. (2016). Construire le Street Workout , faire le genre : Snapshots ethnographiques sur le bricolage identitaire engagé par les pratiquant-e-s de « fitness des rues ». Sciences sociales et sport, 9(1), 47. <https://doi.org/10.3917/rsss.009.0047>

WHAT IS STREET WORKOUT?



Street workout is a social sports movement that attracts more and more people.



Rain Bennett. 15.03.2017. "Raise Up The Calisthenics Documentary Release" [Vidéo] [OfficialBarstarzz]
<https://www.youtube.com/watch?v=-cZsCVrKZ0k>

OUR MISSION

01

Promote the physical, mental, and social advantages of street workout and calisthenics

02

We aim to establish a more inclusive street workout community where everyone is welcome, with a primary focus on providing accessible workouts for all by organizing sessions in public calisthenics parks.

03

Our mission is to empower the youth through street workout and calisthenics, providing them with opportunities for personal growth, skill development, and social engagement.



B-S'THENOS



OUR VISION

01

Our vision is to build a healthier, connected, and active community through street workout

02

We envision an inclusive society where street workout brings diverse communities together

03

Our vision is to inspire a nation to lead an active lifestyle and embrace street workout as a catalyst for positive transformation



OBJECTIVES

Objective 1: Promote Inclusivity and Diversity

- Organize workshops and events that promote inclusivity and encourage participation from diverse communities.
- Collaborate with local organizations to ensure that street workout initiatives reach underrepresented groups.

Objective 2: Engage Youth in Street Workout

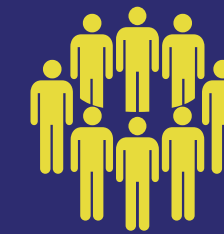
- Implement youth-focused programs and partnerships to introduce street workout as a fun and engaging physical activity.
- Establish mentorship programs to encourage youth leadership and participation in the development of street workout.



Physical Health

Street Workout and calisthenics improve cardiovascular health, strength, flexibility, and overall fitness.

Less risk of cardiovascular accidents.



Social Connections and self-confidence

Youth can form bonds within the fitness community, fostering peer teamwork and support.

Achieving new skills and mastering challenging movements boosts self-confidence and empowers young individuals to overcome life obstacles.

BENEFITS



Mental Well-Being

Engaging in these activities releases endorphins, reducing stress and anxiety, and promoting a positive mindset.



WHAT DO WE OFFER?

*Customized workshops
that address the specific
needs and objectives of
each organization,
maximizing the impact on
participants*



PROJECT AXE SUD

AFRICA - SOCIAL INCLUSION

As part of a youth exchange we met in Morocco the Agadir Street Workout Association (ASWA) and in Sénégal the Street Workout Dakar.

The goal is to show young people from Brussels that it is possible to carry out enriching projects and that they are capable of great things. By sharing values such as team spirit, respect, surpassing oneself and empathy during workshops at the Street Workout parks.



<https://bsthenos.com/>



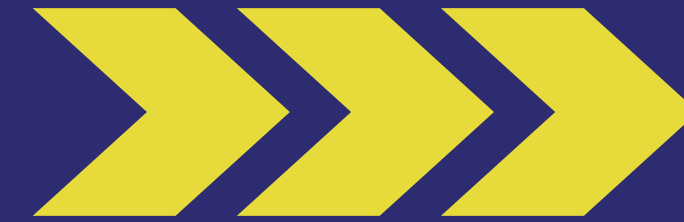
ENVIRONMENTAL AWARENESS

B-sthenos, our non-profit organization, commits to environmental sustainability. To offset carbon emissions from projects in Africa, we partnered with **Graine de Vie** to plant trees. Join us in reducing our carbon footprint and combating climate change. Together, let's make a greener, sustainable future.



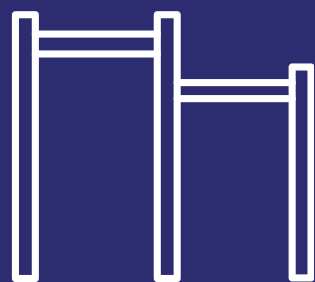
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Bsthenos ASBL





BUILDING INCLUSIVE STREET WORKOUT PARKS IS ESSENTIAL FOR SEVERAL REASONS:

1. **Accessibility:** Allows individuals with disabilities to engage in physical activity and benefit from street workout's health advantages.
2. **Inclusivity and Community Integration:** Provides a space where people of all abilities can exercise together, promoting social interaction and mutual support.
3. **Challenging Perceptions of Disability:** Showcases the capabilities and potential of individuals with reduced mobility, fostering greater acceptance and understanding within the community.
4. **Promoting Public Health:** Encourages physical activity among a broader population, leading to improved overall well-being and quality of life for everyone involved.

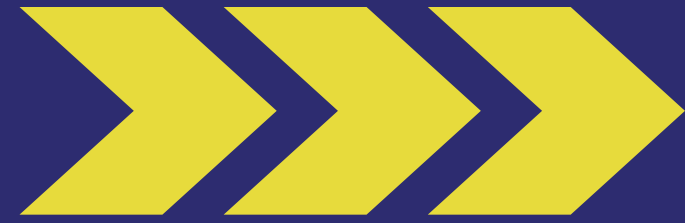


<https://www.toxicworkout.es/parques-calistenia-exterior>

<https://www.impurban.es/en/calistenia.html>

<https://barmaniapro.com/products/para-workout/>





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OUR ATHLETES



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Aghighay Anas

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Carla Arrabito

Nadia Camacho

Eva Muñoz

Blanca Ragot

Hermant Regnier

Enrique Mañas

**WE ARE MEMBERS
OF :**



Member of the ICSWF



**THANK YOU
MERCI**