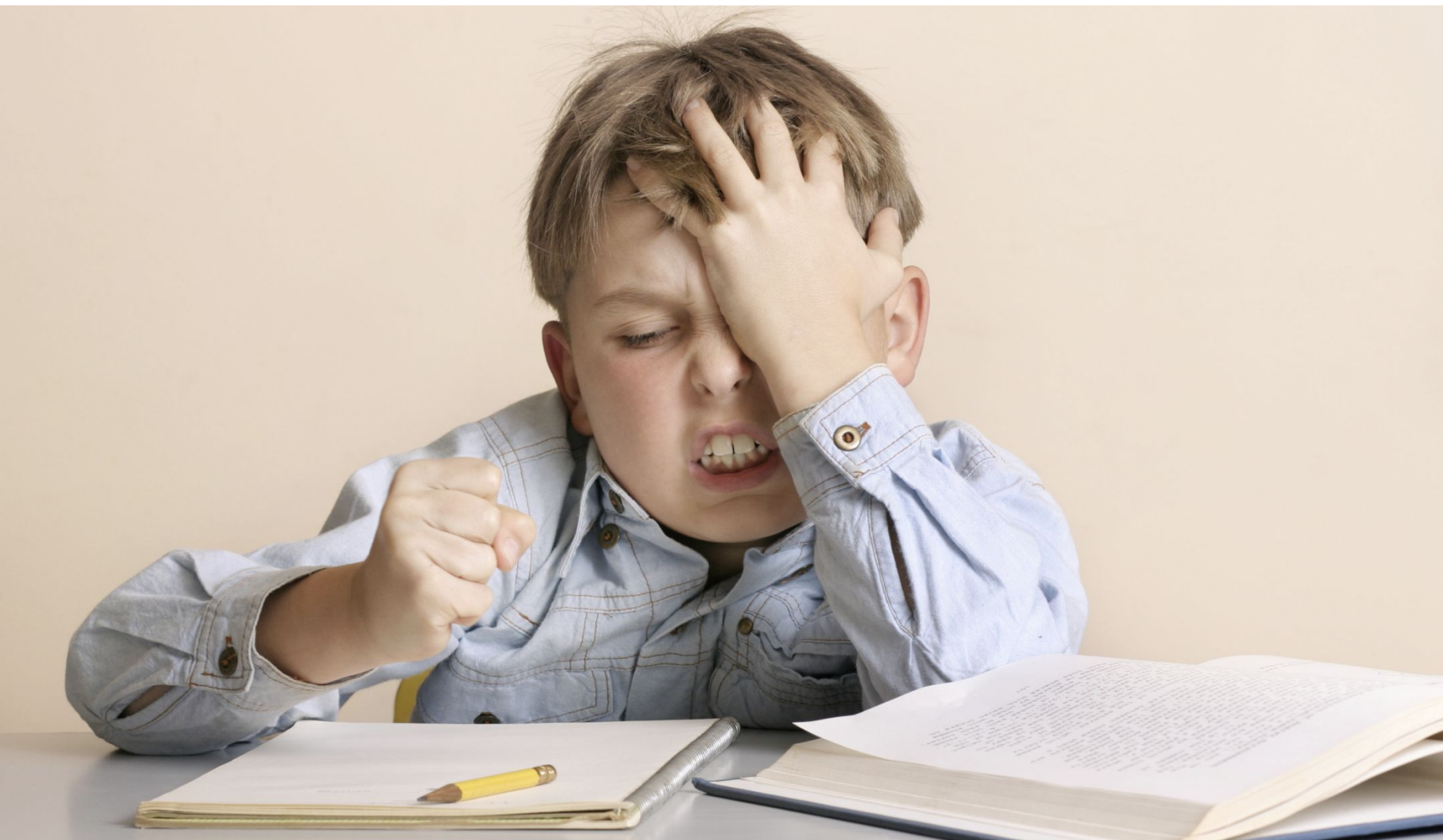


# **PHYSICAL EDUCATION SHOULD BE MANDATORY IN NAZARBAYEV UNIVERSITY**





# **PREVIEW:**

- 1. Physical health**
- 2. Psychological well-being**



- **Obesity**
- **Cardiovascular diseases**
- **Type II Diabetes**





- **Depression**
- **Low self-esteem**





# A SOUND MIND IN A SOUND BODY !!

