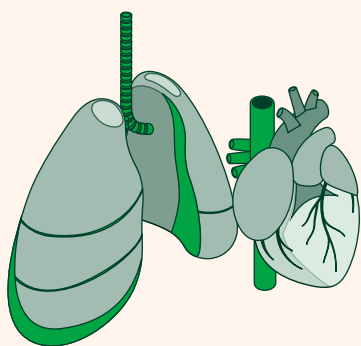
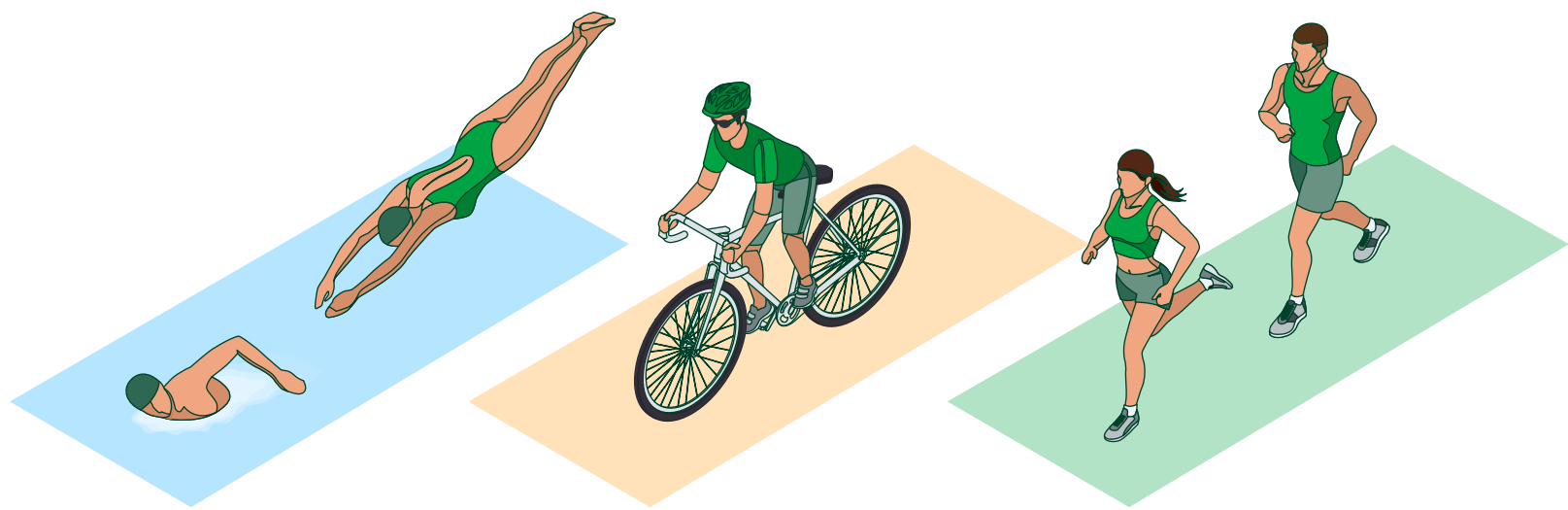
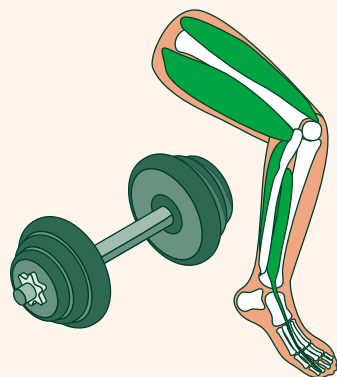


The benefits of triathlon



Physical health and weight control

Improves blood circulation and respiratory capacity, as well as aiding in the loss and maintenance of body weight.



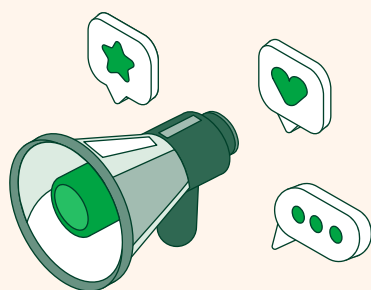
Muscle strength

By including swimming, cycling and running, it develops endurance in different muscle groups (legs, arms and core).



Mental health

Reduces stress and anxiety, promoting the release of mood-enhancing endorphins.



Socialising

Offers opportunities to meet other triathletes, participate in events and be part of an active community.



Discipline and goal setting

Encourages planning and allows for short- and long-term goal setting, cultivating motivation and concentration.