

A woman with long dark hair in a ponytail, wearing a bright pink short-sleeved athletic shirt and black leggings with a pink stripe down the side, is running on a grassy path in a park. She is smiling and looking towards the camera. The background consists of lush green trees and a clear sky.

„Nur auf der Couch? Das war einmal. Jetzt übe ich täglich.“

Bleib gesund & fit!
Rücken, mach mit!