JOG TO HEALTH

Give us time; we give you health

Keeping Sports Alive Uganda is charity trust foundation for transforming life though sports activities. We are inspired by the philosophy “sports serves society by providing vivid examples for excellence” and this is through Fitness, Health, Enjoyment and Networking.

There is no time like the present to improve your health, fitness and lifestyle through sports. KSA- Uganda will introduce you to getting started with making your health a priority through jogging/running. Running takes your body, mind, and spirits to a better place. The simple act of putting your foot in front of the other is moving you closer to being healthier, happier and more confident.

KSA-Uganda expect you to set a goal for your running, e.g. lost weight, gain fitness, feeling and looking better etc. Our program is open to any person above the age of 16 years with or without skills in running shall always get a spot with us.

When you give us time, we give you health