

"In Healthy Body - Healthy Spirit" **Bryansk, RUSSIA**

TOF 96-06

Sergei Anisimov was born in 1976 in Kirghizia, the former Soviet Republic. There he became keen on karate, so he continued doing sports in the army. Sergei served in Bryansk, where he met his future wife. While in the army, Sergei trained actively and became karate champion. After military service he didn't go home because after the disintegration of the USSR Russian people were discriminated against in Kirghizia. Although Sergei is working his lack of qualification keeps him on a low wage.



He wants to study in the university, to go in for sports, but now it is necessary to pay for everything. Sergei's wife cannot work as she is nursing their little daughter. YMCA - Bryansk has helped Sergei and three times a week he trains in the gym with the other young people free of charge. He wants to become a karate coach in the programme. "In Healthy Body - Healthy Spirit." When the gym is fully equipped Sergei will organize a group of young people and coach them free of charge.

Natasha Romanenko was born in 1977 in a family of employees. After technical secondary school she became an accountant/lawyer. But now it is very difficult to find well paid work in Russia, and although Natasha has a job as an accountant her salary is only enough for the bare necessities. She has been going in for sports all her life — acrobatics, aerobics, etc. But now the cost of the monthly ticket for the gym is 50,000 rubles and Natasha can't pay such money for training as she lives with her old sick grandmother and most of their family budget is spent on medicine.



Several months ago Natasha got to know about the programme "In Healthy Body — Healthy Spirit" and came to the YMCA in Bryansk for sports in our gym. At first she was attracted by the fact that she need not pay for training. Then she became interested in other programmes in the YMCA and now she is preparing to conduct physiotherapy exercises with a group of women as a volunteer.