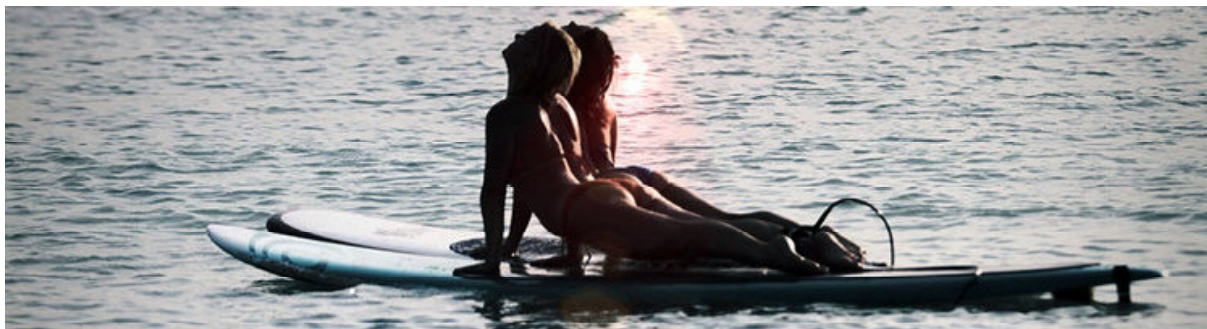




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## Sup – Loop: Individual Training, Courses and „Sup – Loop – Instructor“ Training on Greece / Italy - Summer Holidays 2014



The founders of Sup-Loop, Grit Moschke and Ziva Trajbaric, met in 2013 in Boa Vista on the Cape Verde Islands due to their shared passion for water sports.

The word "Sup" stands for Stand-up paddle and the word "loop" for a recurring loop.

Both founders have extensive experiences in the area of water sport, acrobatics, fitness, sport sciences as well as methodology in training.



The idea of the project is to combine fitness, gymnastics, relaxation, acrobatic elements as well as mental training on a stand-up paddle board (surfing board for paddling) in the water. Mental and physical exercises are repeated in order to train harmonious body movements.

The aim is to develop strength, endurance, skillfulness and flexibility. It is ideally suited to lose weight, to improve overall fitness and to boost mental regeneration after episodes of psychic lows (time out / burn out).

Please contact +49 179/ 6781613 by phone or [grit@fitmitgrit.com](mailto:grit@fitmitgrit.com) by email if you are interested in the individual Training, courses or if you are a student apprentice interested in becoming a Sup Loop instructor.

Further information and a detailed training timetable will be available shortly.

