



Rimini Wellness: Military Fitness with the Paratroopers Brigade Folgore

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The Italian Army confirms once again its presence at *Rimini Wellness*, the important international event dedicated to fitness, wellness, and sports, which will be held at the Rimini Fair from May 29 to June 1. In an exhibition area of 700 square meters in the east pool area, the Army's stand will offer an interactive and engaging experience, with a special focus on the **Paratroopers Brigade "Folgore"**, which will lead the **Military Fitness** activities and other high-intensity tests.

One of the main attractions will be the **"Military fitness"**, a high-intensity circuit designed to improve strength and endurance, inspired by the physical preparation of paratroopers. Under the expert guidance of the instructors from the Paratroopers Brigade "Folgore", visitors will have the opportunity to challenge themselves with exercises that simulate the challenges faced by soldiers on missions abroad, with the aim of pushing participants to the maximum of their physical capabilities.

Climbing with the Alpine Troops: Adrenaline in Safety

Extreme sports enthusiasts can also try another high-adrenaline activity: the artificial climbing wall. About 7 meters high, this wall, managed by the instructors of the Alpine Troops, will be a great opportunity to get closer to the world of climbing, practicing in a safe and controlled environment.

To make the experience within the stand even more dynamic and engaging, there will also be **Radio Esercito**, the official web radio of the Armed Forces, offering music, entertainment, and real-time insights throughout the entire event.

Career Opportunities: A Unique Path in the Italian Army

In addition to moments of fitness and adrenaline, the public will also have the opportunity to discover the various military careers offered by the Italian Army. The **Military Command Army "Emilia-Romagna"** will present the opportunities to become **Volunteers in Initial Service (VFI)** and provide information on the competitions to access the prestigious **Military Schools "Nunziatella" of Naples, "Teuliè" of Milan, Military Academy of Modena**, and the **Non-Commissioned Officers School of Viterbo**.

The Military Fitness: A Complete and Adaptable Workout

The **military fitness** is inspired by the training developed for the military in the post-war period, evolving over time to become a functional physical activity that can be adapted to any environment, from the open field to the gym. In a military fitness session, phases of warm-up and high-intensity exercises alternate, stimulating not only physical strength but also teamwork and overcoming one's mental and physical limits.

The training includes exercises to enhance endurance, strength, and speed, through a mix of aerobic and agility work. Each circuit can be customized based on the participants' abilities,

using improvised equipment such as tires, crates, and boats, making the activity accessible and versatile in any situation.

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One of the main aspects of military fitness is its adaptability. It does not require specific equipment but can be practiced anywhere, both outdoors and indoors. Each circuit can be modified to meet physical and environmental needs, always ensuring a stimulating workout. Furthermore, the activity is recommended for everyone, with the only precaution being to ensure that participants have similar physical preparation when training in a group.

The *Rimini Wellness* represents a unique opportunity to get in touch with the world of **military fitness** and discover career opportunities in the Italian Army, with a particular focus on the preparation and skills of the **Paratroopers Brigade “Folgore”**. With engaging activities, an interactive exhibition area, and a rich program of events, the public will be able to experience an immersive experience, testing their physical abilities and discovering new professional opportunities.

News link: <https://www.riminitoday.it/cronaca/military-fitness-parete-arrampicata-rimini-wellness-allenare-esercito-italiano.html>