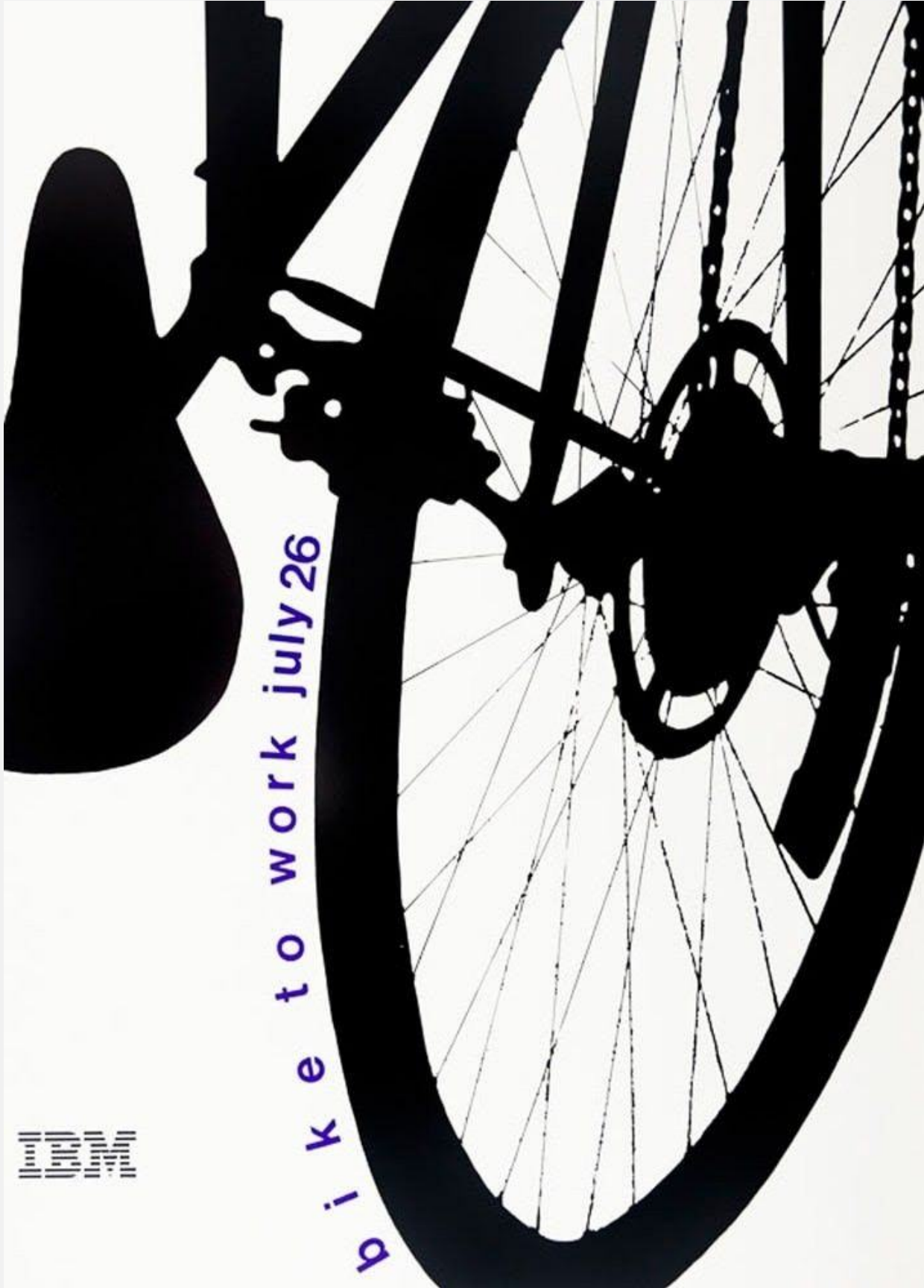
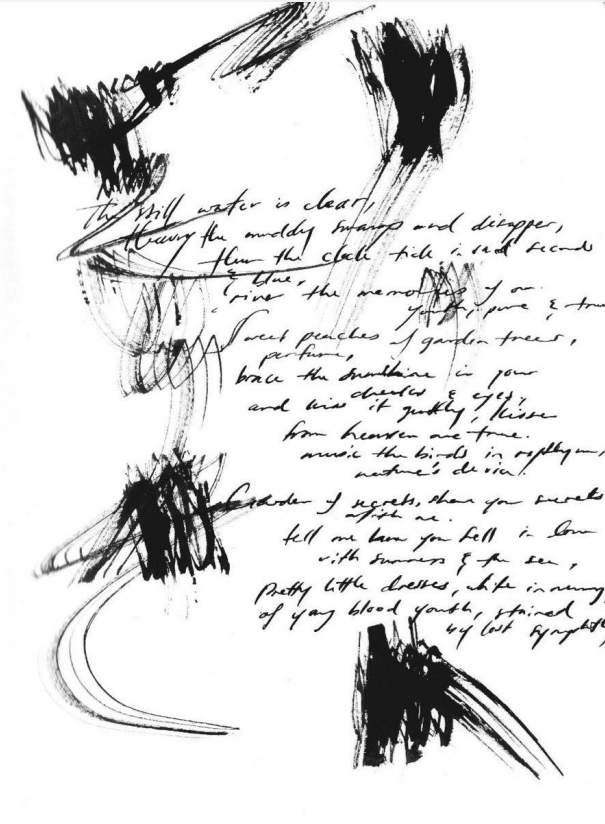
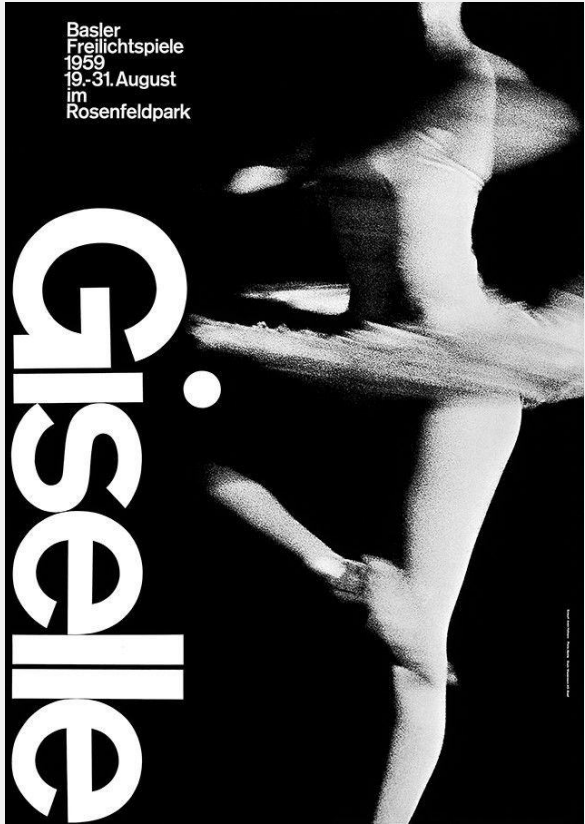
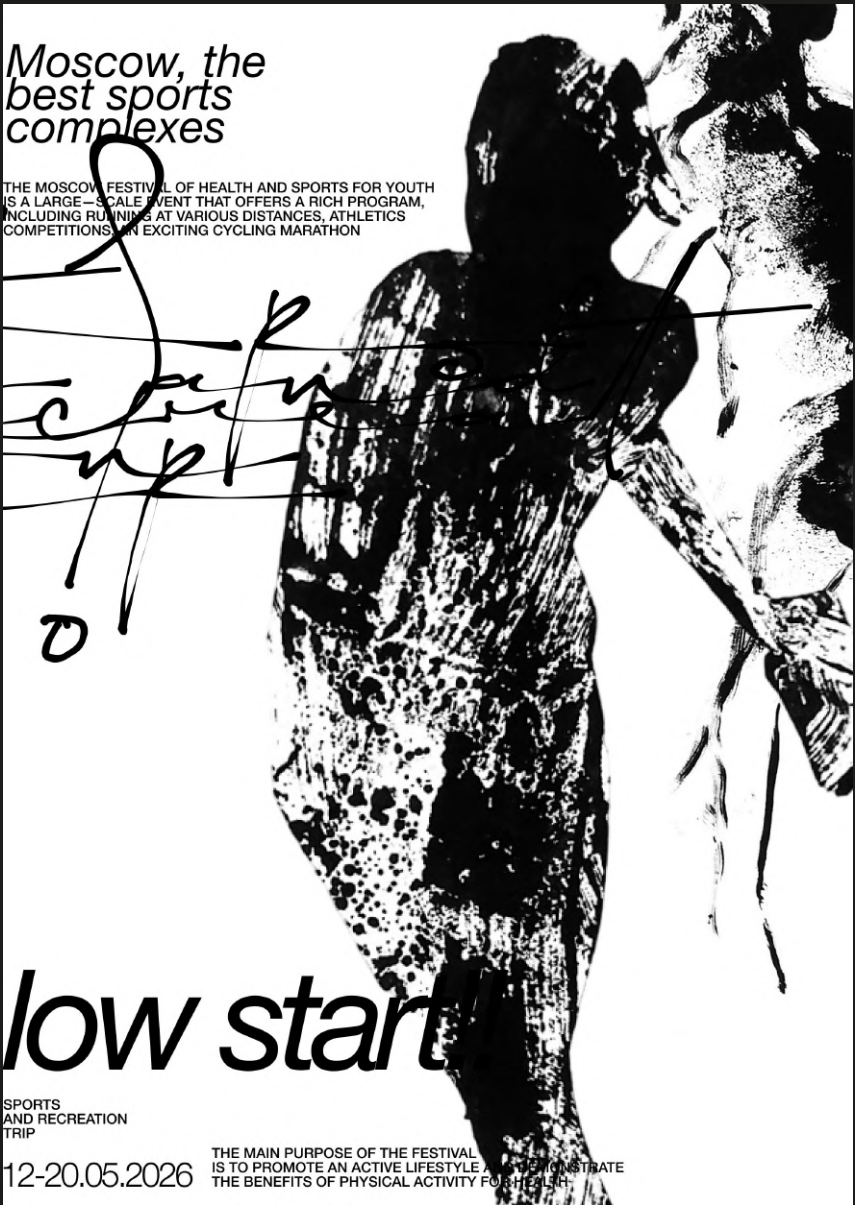
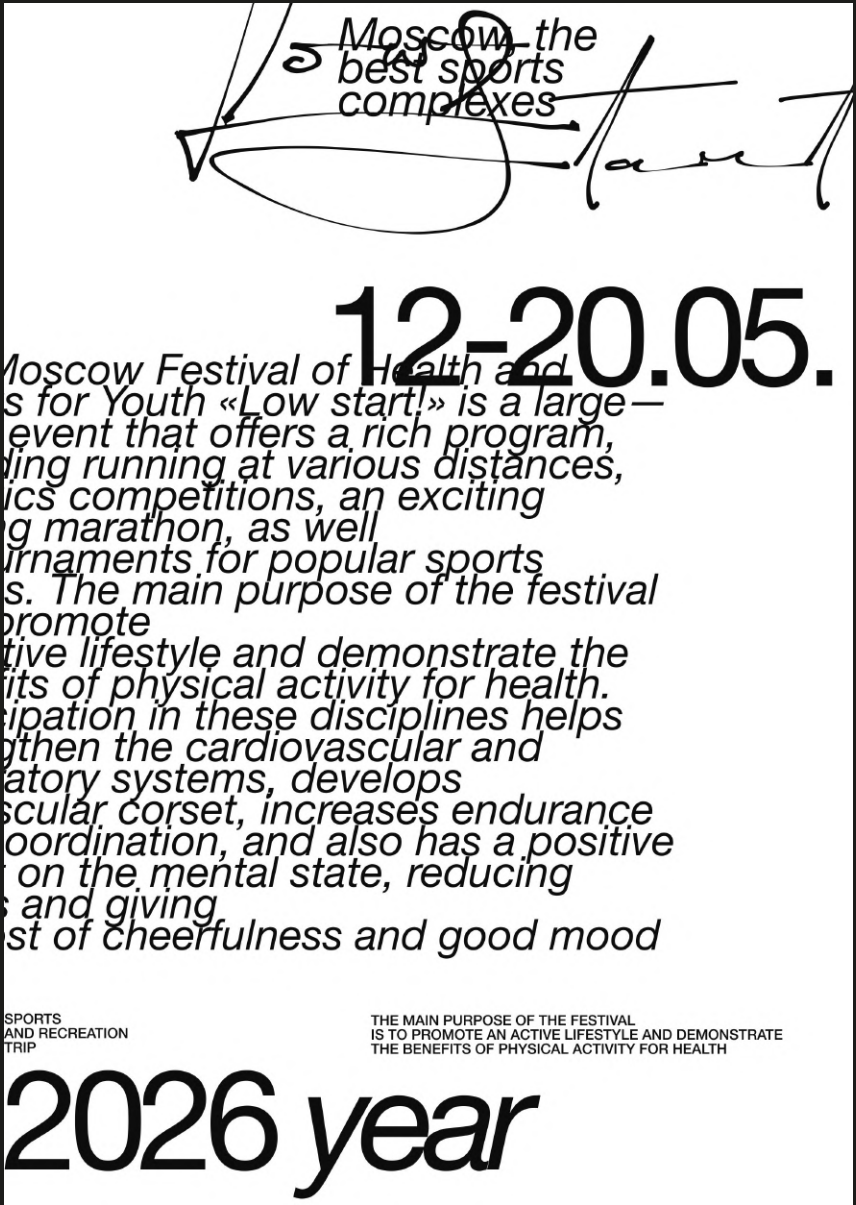
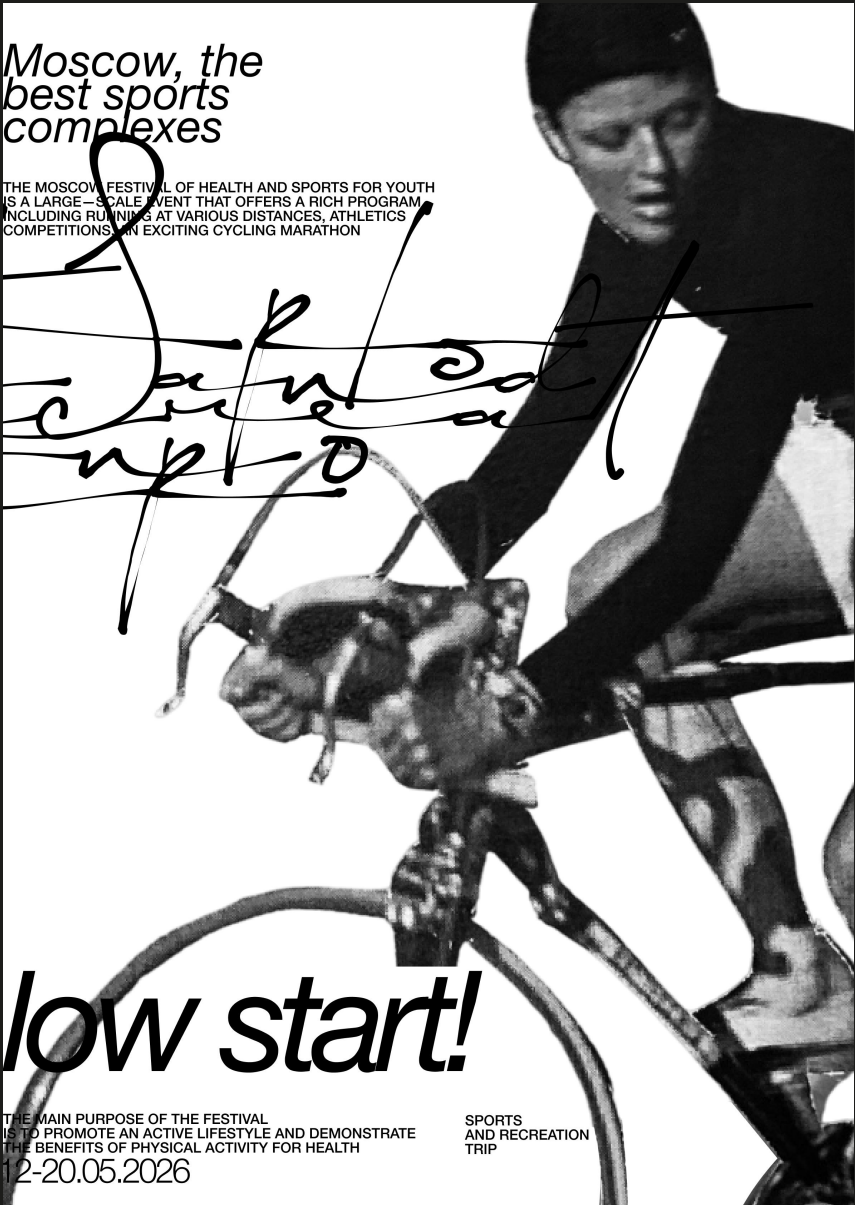
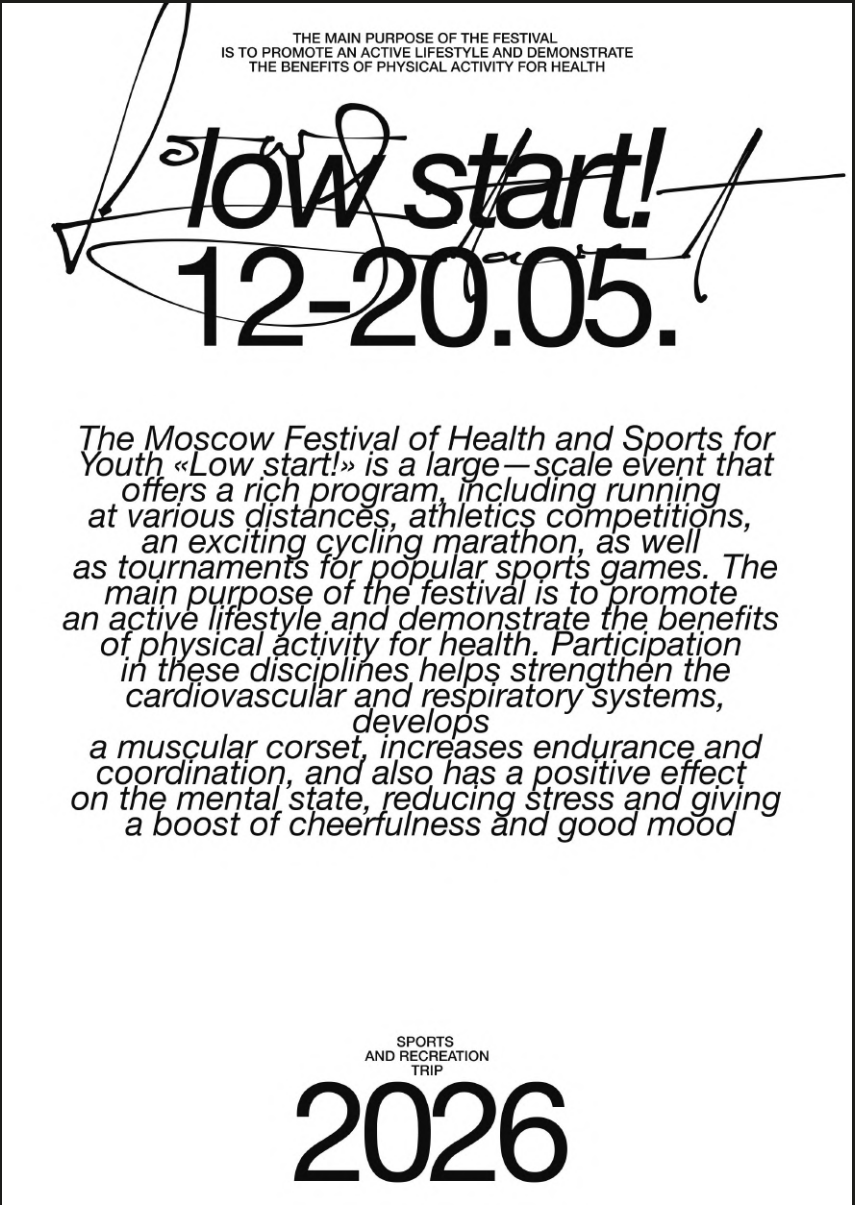
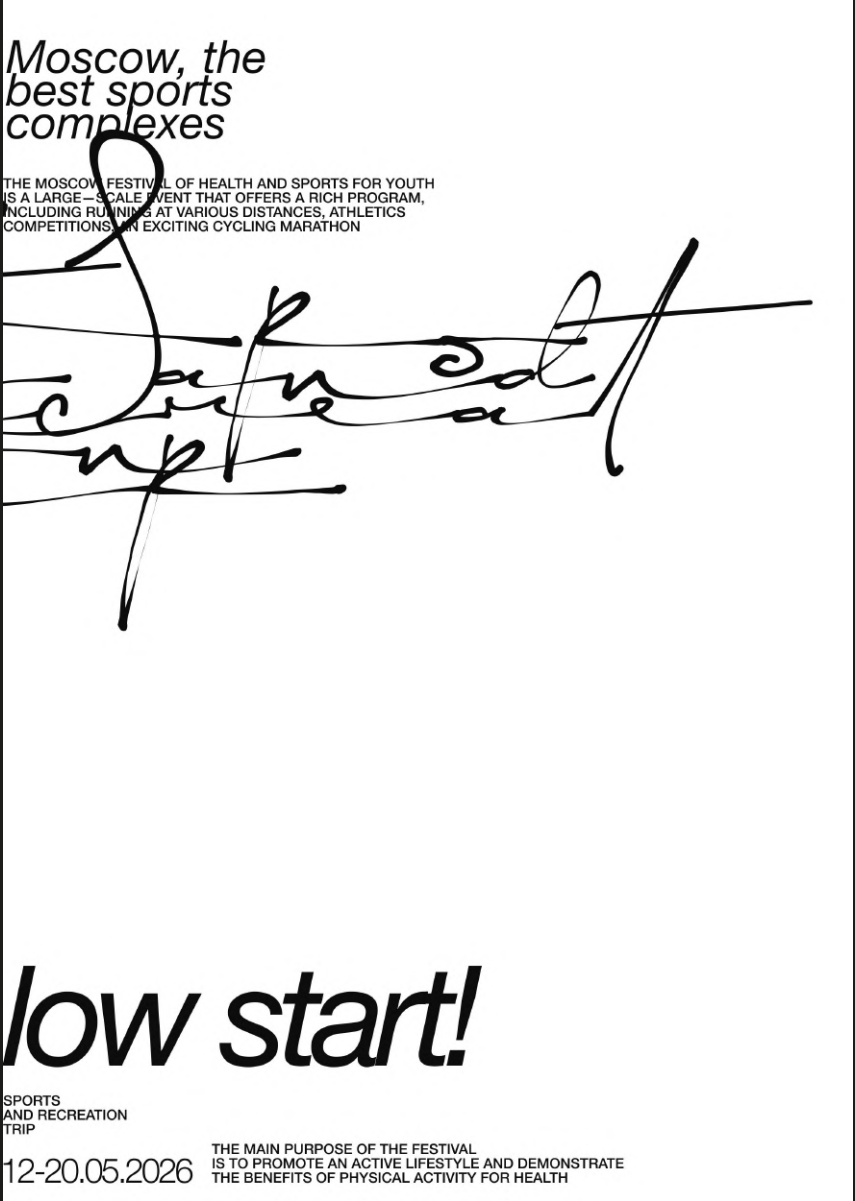
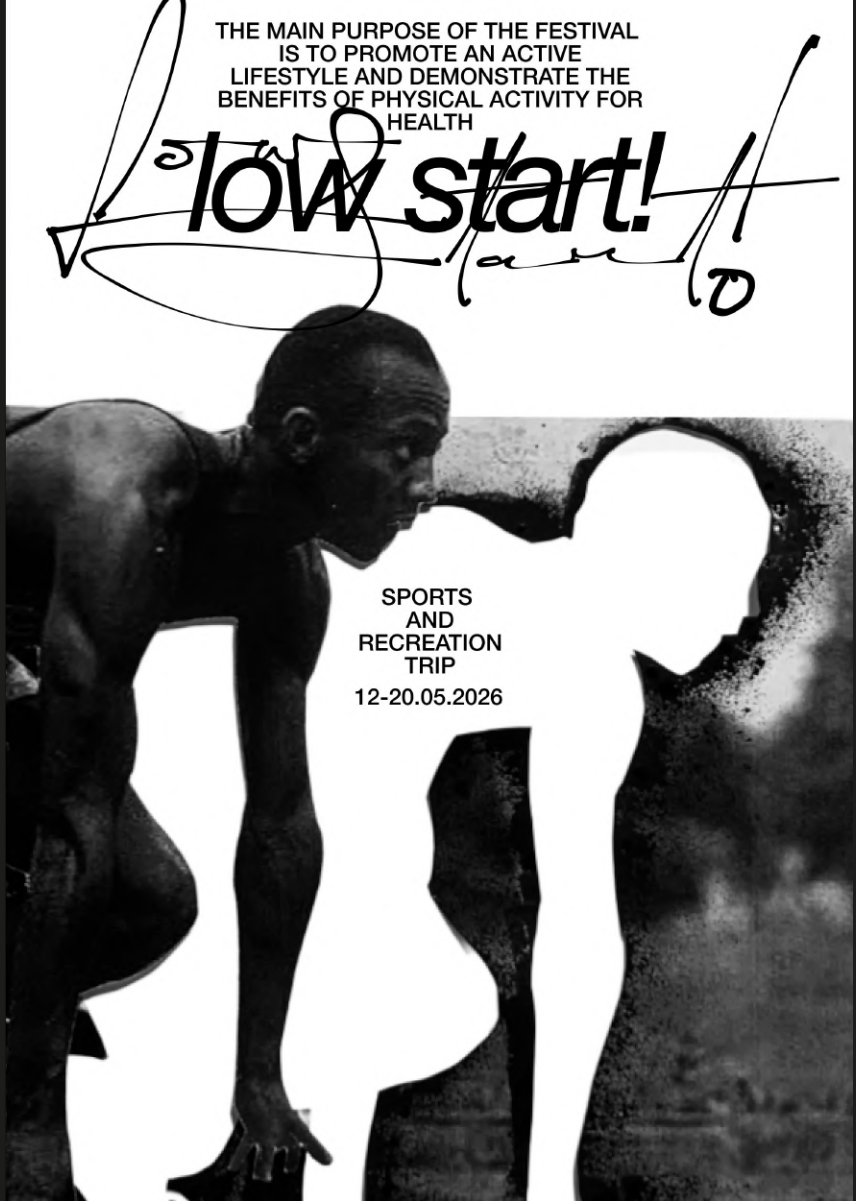
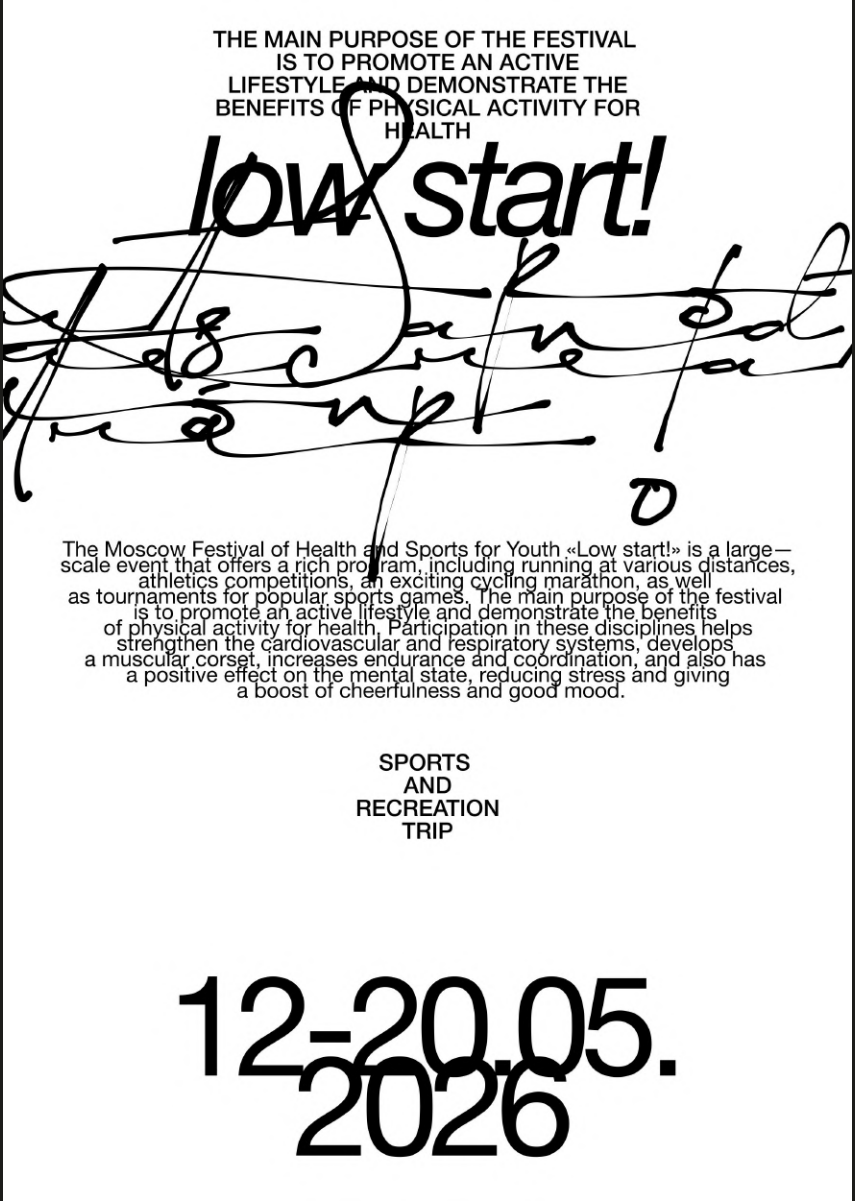
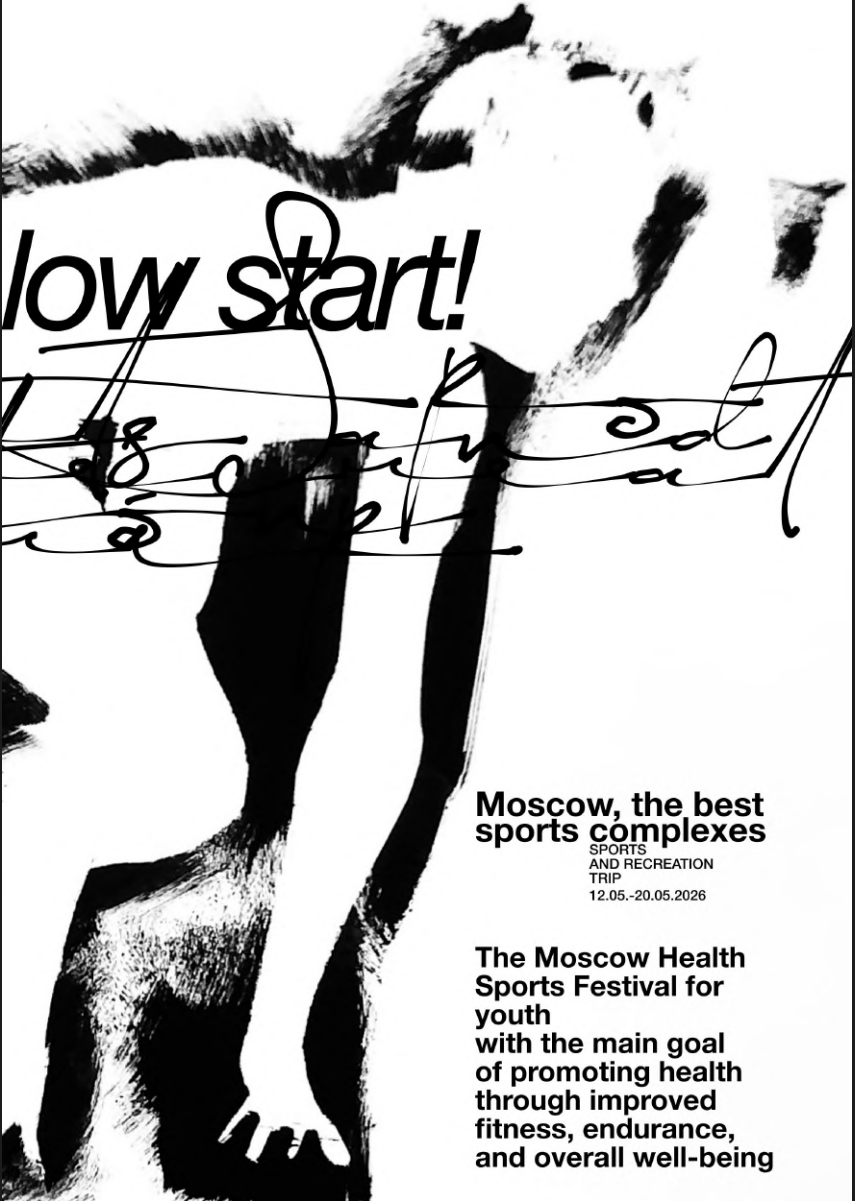


low start!

«***low start!***» — оздоровительно-спортивный фестиваль, целью которого является популяризация спорта как инструмента заботы о здоровье.

В плакатах используется черно-белая цветовая палитра, символизирующая простоту и ясность на пути оздоровления через спорт. Шрифтовые начертания, имитирующие почерк, ассоциируются с человеческой эмпатией и поддержкой, а графические элементы, коллажи и рисунки, выполненные вручную в экспрессивной стилистике, использование курсива, — с энергией, импульсом и динамикой.







Moscow, the
best sports
complexes

THE MOSCOW FESTIVAL OF HEALTH AND SPORTS FOR YOUTH
IS A LARGE-SCALE EVENT THAT OFFERS A RICH PROGRAM,
INCLUDING RUNNING AT VARIOUS DISTANCES, ATHLETICS
COMPETITIONS, AN EXCITING CYCLING MARATHON

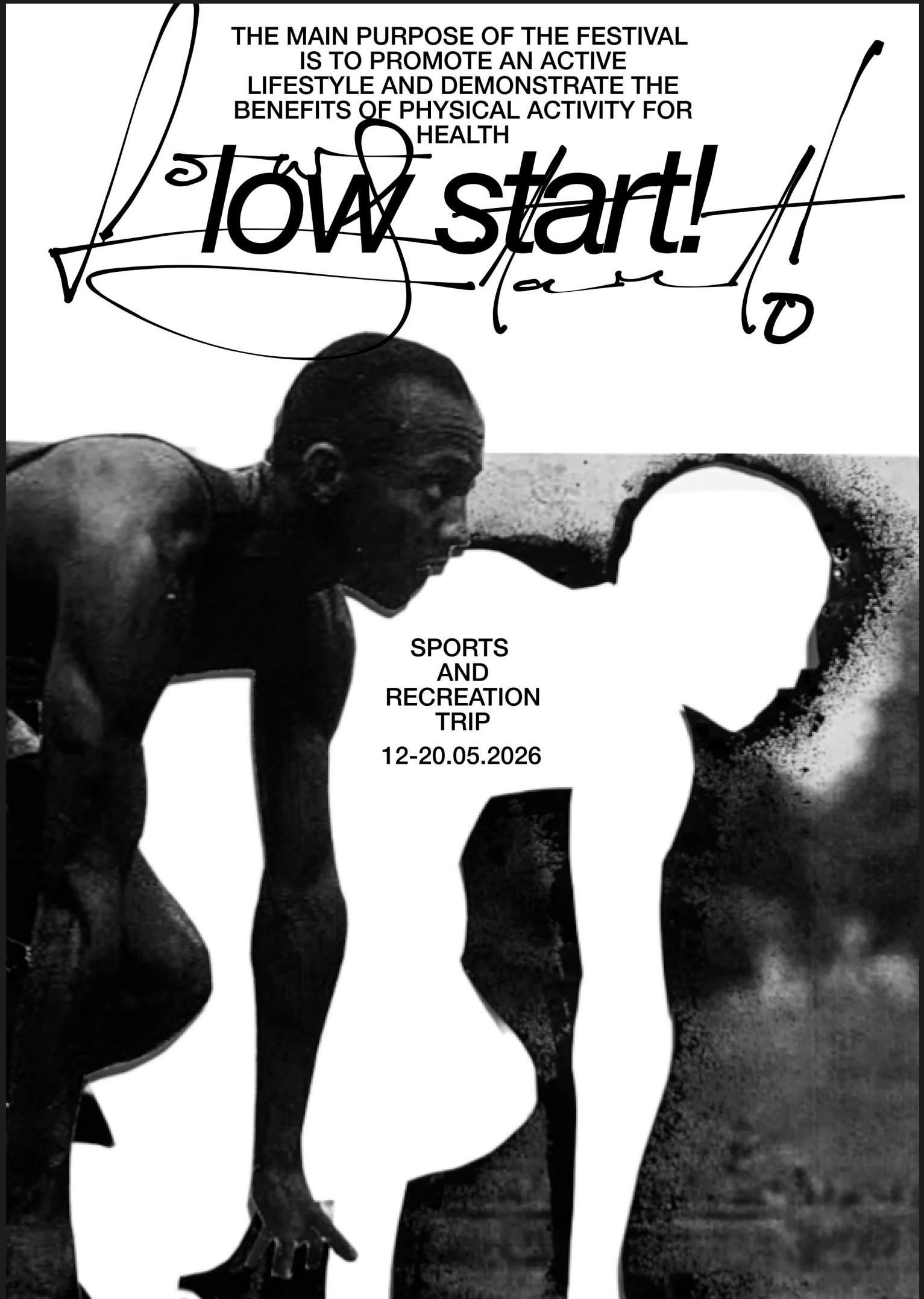
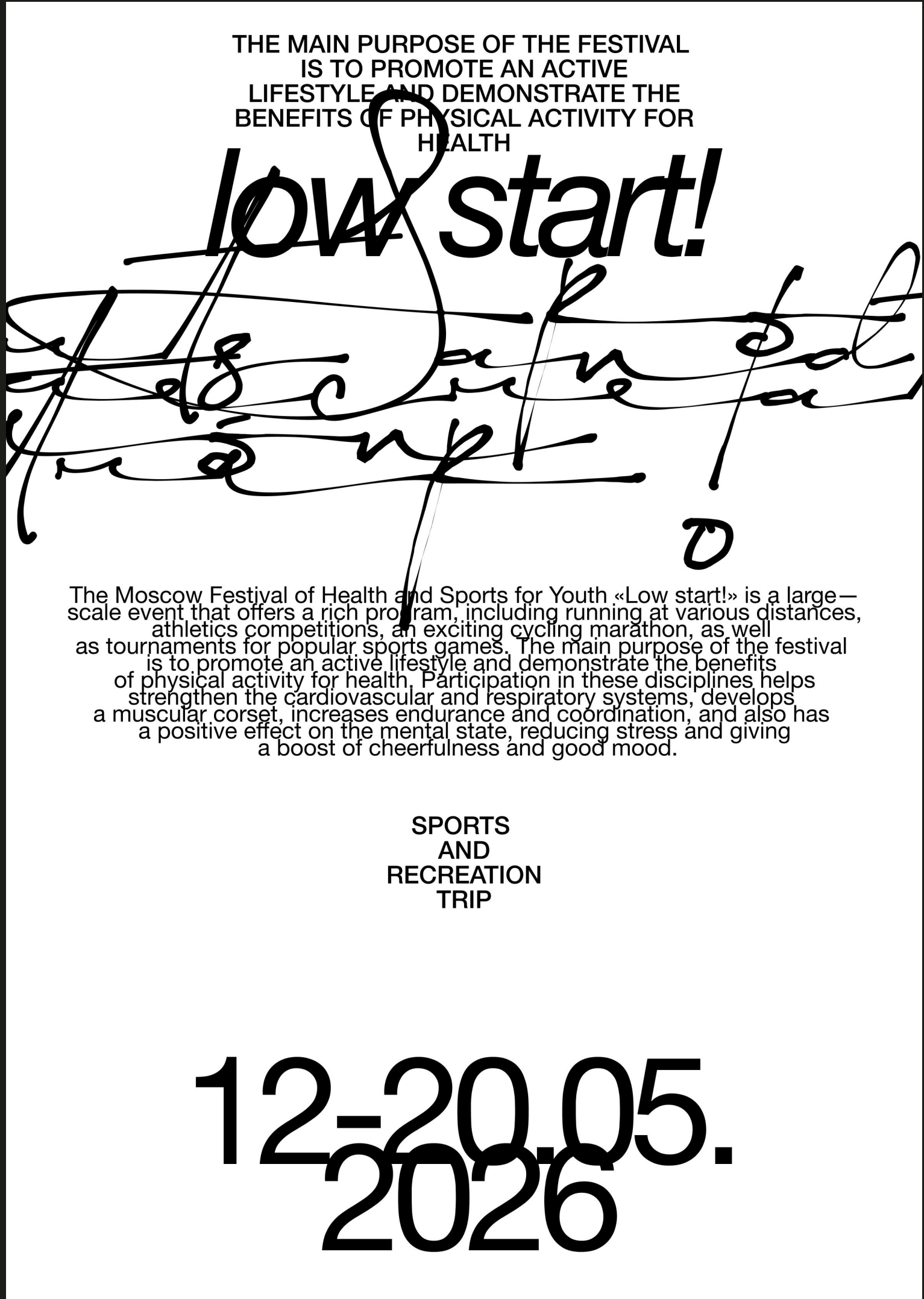
cup

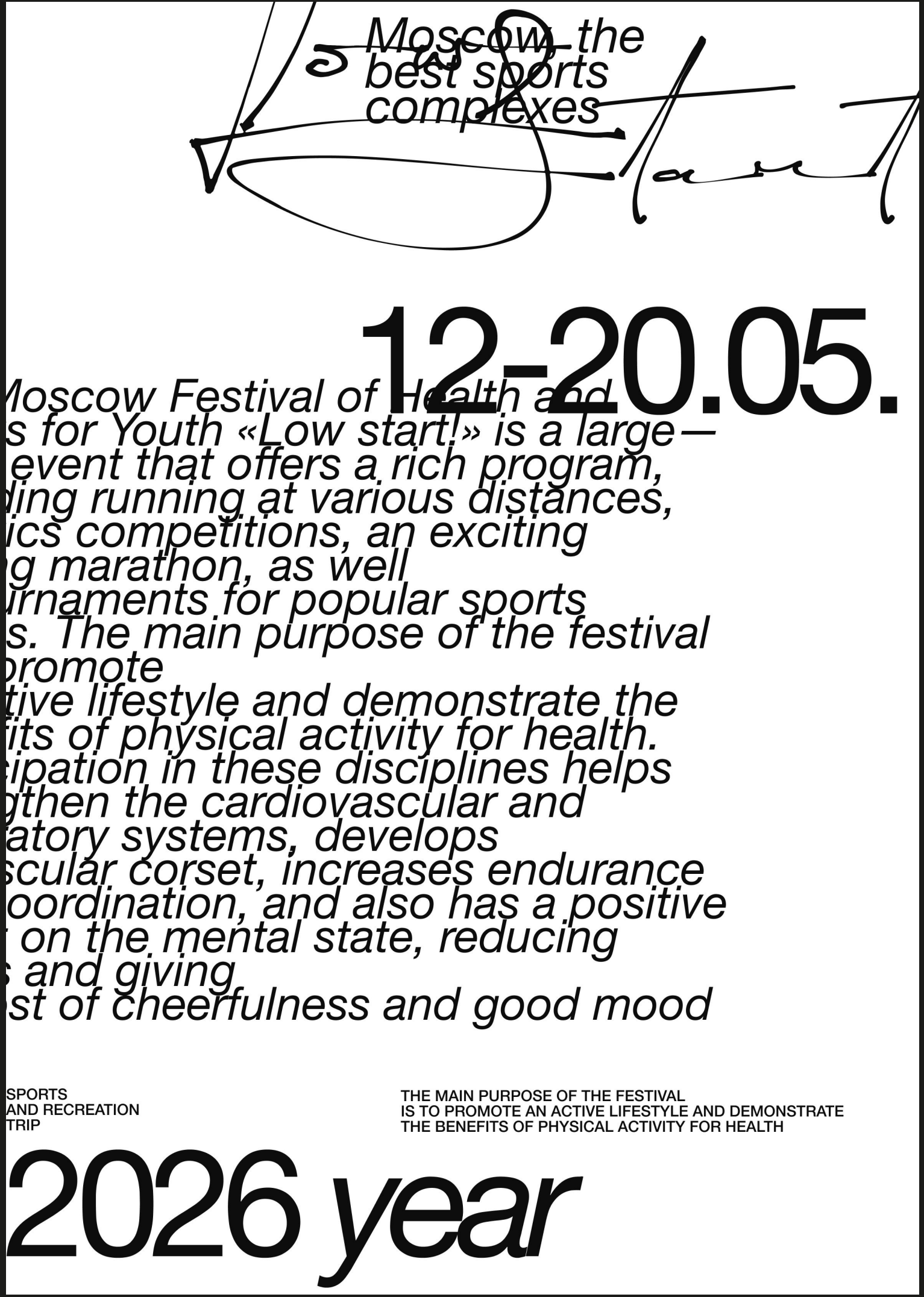
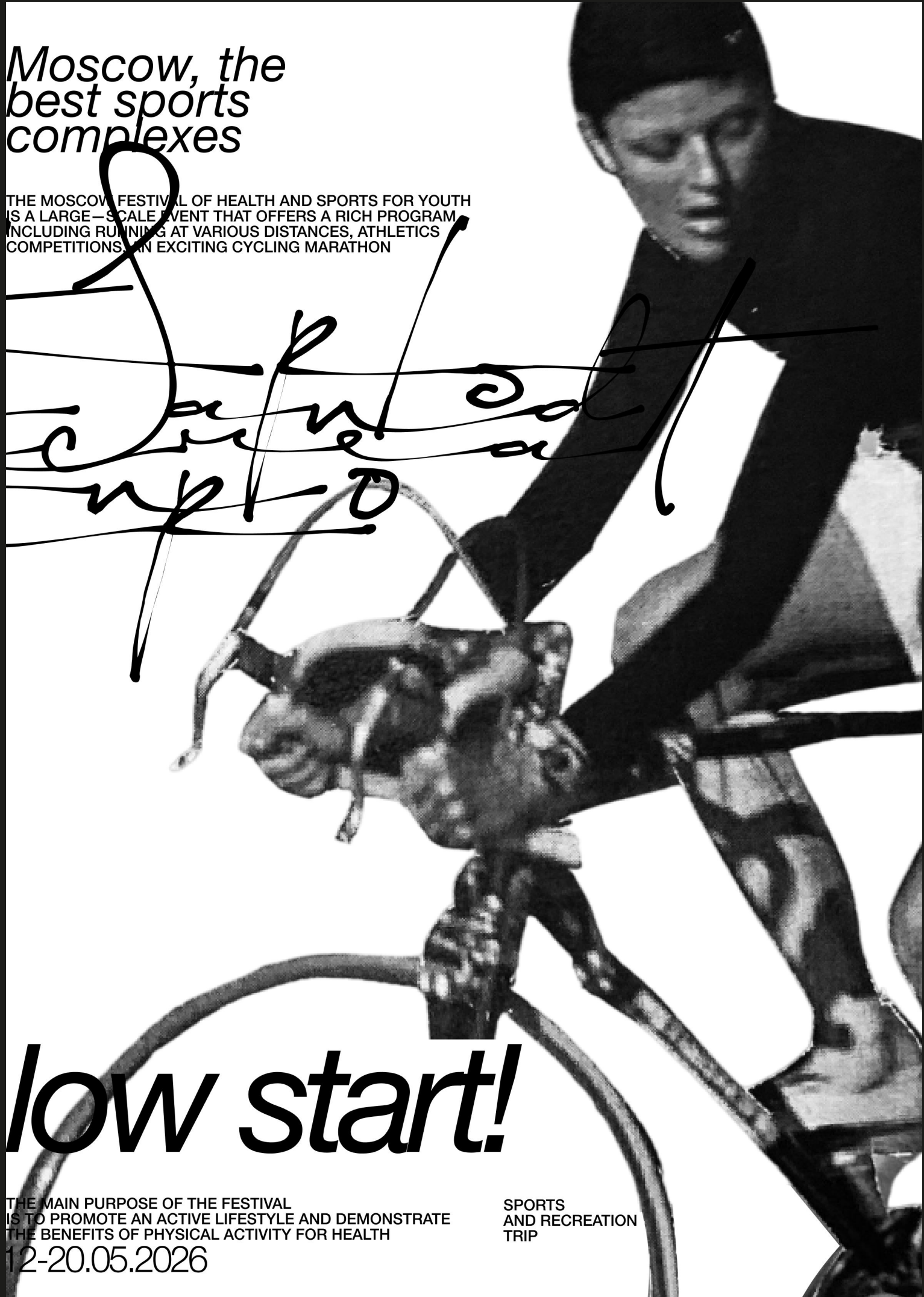
low start

SPORTS
AND RECREATION
TRIP

12-20.05.2026

THE MAIN PURPOSE OF THE FESTIVAL
IS TO PROMOTE AN ACTIVE LIFESTYLE AND DEMONSTRATE
THE BENEFITS OF PHYSICAL ACTIVITY FOR HEALTH







Moscow, the best sports complexes

12-20.05.

Moscow Festival of Health and Sports for Youth «Low start!» is a large-scale event that offers a rich program, including running at various distances, athletics competitions, as well as a long marathon, an exciting program of popular sports tournaments, as well as exciting events. The main purpose of the festival is to promote an active lifestyle and demonstrate the benefits of physical activity for health. Participation in these disciplines helps strengthen the cardiovascular system, develops muscular systems, increases endurance and coordination, and also has a positive effect on the mental state, reducing stress and giving a sense of cheerfulness and good mood.

SPORTS AND RECREATION TRIP

2026 year

THE MAIN PURPOSE OF THE FESTIVAL IS TO PROMOTE AN ACTIVE LIFESTYLE AND DEMONSTRATE THE BENEFITS OF PHYSICAL ACTIVITY FOR HEALTH

Moscow, the best sports complexes

low start

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