

# Firms line up event to mark Sports Day

Variety of sport and fitness activities will be held tomorrow in support of government call

**DOHA:** Various companies and organisations in the country are taking part in tomorrow's celebration of the first-ever Qatar National Sports Day with their own lineup of sport and fitness activities in support of the government initiative held under the auspices of the Emir H H Sheikh Hamad bin Khalifa Al Thani.

## QATAR AIRWAYS

Qatar Airways will support the initiative by hosting a fun sports day for staff and their families at Al Jazeera Academy in Doha, where teams will compete in a variety of activities, including football, basketball, tennis and volleyball. There will also be a range of fun activities for children, including a penalty-kick competition and fabulous prizes on offer during the day.

On the eve of National Sports Day, Qatar Airways' bowling league will enter three of its teams to go head to head against other local companies.

The Qatar Airways 777's, Qatar Airways II, and the Qatar Airways Cargo Crushers will compete against some of Qatar's best bowlers for the titles of Top 3 team, Top Individual Bowlers and Smartest Uniform.

## QSRNS

Sheikh Thani bin Abdullah Al Thani, the Chairman of the QSRNS said the Society and all affiliated centres such as the Educational Centre and the Rehabilitation Centre for Girls will take part in the National Sports Day organizing sporting competitions with the participation of the students and their families.

The special needs children along with their families will also participate in a walkathon which will start at 9am as well as in activities for the Doha 2020 Bid and celebrations in Khalifa Stadium. They will also take part in activities at the Qatari Fencing Federation in Losal from 10am to 3pm and in Ashgal activities in Dar Al Hammam garden through the evening.

## QATARGAS

For the Qatargas Doha residents, the day will kick off with a Walkathon followed with a variety of activities ranging from Cricket, Volleyball, Football, Basketball, Table Tennis and a children's playground at the Al-Gharrafa Sports Club, one of Qatar's premier sporting facilities. Those interested in golf will participate in the gold challenge at Doha Golf Club.

For all Al Khor Community Qatargas residents an array of exciting activities are being organised including traditional sports such as Cricket, Tennis, Badminton, Table Tennis and Volleyball and unusual sports such as 'Family Aerobics'.

In celebration of Qatar's achievements in hosting prestigious international sporting events, the Al Khor Community will organise a 'Mini Olympics' and an ever popular Football tournament. The day will begin with a 5km family Walkathon around the community, followed by an



Sports Day themed outdoor banner installed by RasGas at the company's new headquarters in West Bay.

assortment of thirteen sporting tournaments and family activities.

## RASGAS

The RasGas employees and their families are all set to support Qatar's first National Sports Day in a big way. As part of the national celebration and in line with its ongoing Corporate Social Responsibility (CSR) programme, RasGas has installed a Sports Day themed outdoor banner on their Company's new headquarters in West Bay. The banner marks the beginning of RasGas' 2012 Year of Health campaign, which will be officially launched on 14 February 2012.

RasGas is collaborating with the Aspire Zone Foundation - the Middle East's premier sports city and the world's leading sports tourism development project - on the morning of 14 February to provide its employees and their families with an exciting and unique fun-filled sporting experience. The RasGas programme will include an expertly tailored group exercise session and all RasGas employees will also have the exclusive opportunity to join Aspire Zone's dedicated indoor and outdoor multi-sport activities provided during the day.

## MAERSK OIL AND QDA

Maersk Oil Qatar will join hands with Qatar Diabetes Association to celebrate first National Sports Day.

Sheikh Faisal bin Fahad Al Thani, Deputy Managing Director of Maersk Oil Qatar said yesterday that employees of these organization are preparing for an exceptional day that will take place at Aspire Zone and will feature a range of sporting activities consisting of a live Exercise Zone organized by Fitness First and offering Body Combat, Zumba, Body Balance and Body jam workouts for the whole day. There would be separate zones for different games. The Family Game Zone will see families competing in fun sporting challenges. There will be a separate zone for kids.

Sheikh Faisal said: "Healthy lifestyle through sports is indeed one of the key factors in the achievement of Qatar National Vision

2030". We, at Maersk are very excited to have an opportunity to contribute towards building a healthier Qatari nation. We have witnessed an amazing response from our employees for the events organized for the sports day and we are looking forward to a day full of thrill and action. We hope that everyone involved will benefit and enjoy their time".

Dr Abdullah Al Hamaq, the Director of Qatar Diabetes Association expressed his happiness to associate with Maersk Oil Qatar. He said that raising awareness about diabetes is the primary objective of Action on Diabetes campaign.

## QF FOR ELDERLY PEOPLE

Health and recreational activities for the elderly have been prepared as part of the Qatar Foundation for the Care of the Elderly's participation at the inaugural National Sports Day.

To highlight the leading role of the institution, a unique health and sporting event for the elderly which will involve the staff of the institution is being organized at the Katara beach tomorrow morning. Mubarak Bin Abdul Aziz Al Khalifa, general manager said the day is important in raising awareness and cooperation among the public with regard to taking care of the elderly in the country.

## QATAR FOUNDATION RADIO

QF Radio will be broadcasting their special "National Sports Day Show" live from 4pm to 6pm in Arabic, and from 6pm to 7pm in English. Callers who correctly answer questions related to sport in Qatar will automatically be entered into the draw, which will take place live on air the following day at 5:30pm.

QF Radio will be offering five lucky winners the opportunity to attend a FC Barcelona games at their famous Camp Nou Stadium. Listeners will be invited to call in and take part in a sports trivia contest, with five victorious competitors winning a pair of tickets each to watch FC Barcelona take on Malaga in a Primera Liga encounter on May 2.

Additionally, they will have the

opportunity to take in the delights of the beautiful Catalanian city as part of their all-expenses-paid trip. Before departing to Spain, the winners will be invited to tour QF, and also to participate in QF's social media campaign, by sharing their experiences of watching FC Barcelona with QF's thousands of followers around the world.

**ASPIRE ZONE FOUNDATION**  
Aspire Zone Foundation (AZF) is giving the community an incredible opportunity to follow in the footsteps of sporting legends and discover the world's finest sports stadia through "A Walk to Remember" on National Sports Day.

AZF is opening up their facilities from 10am to 4pm to the community, who are invited to leisurely wander the 3km route at their own pace, sampling a little piece of history at each of the nine stations set up specifically for the National Sports Day. At the finish line, participants will receive a souvenir to mark their achievement and involvement in the historic day.

Additionally, AZF is organizing an exciting social media competition on Twitter for the best photo of an activity that takes place at Aspire Zone on NSD. To be in with a chance of winning, photographs need to be tweeted to the AZF account @aspirezona using the hashtag #NSD. However, in order to qualify, they need to be



Dr Abdullah Al Hamaq, Director of Qatar Diabetes Association and Faisal Al Medaihki, Associate Communication Manager at Maersk Oil Qatar (MOQ) during the press conference at MOQ office yesterday. SHAHVAL DALAL

weeded during NSD. A range of fantastic prizes are on offer and include iPads and iPhones.

## DOLPHIN AND ORYX GTL

Dolphin Energy Qatar and Oryx GTL will have a joint sports programme to mark their participation in the State Sports Day tomorrow. The programme, which aims to provide valuable opportunities to adopt a healthy lifestyle and promote the importance of sports and exercise, includes a wide range of indoor and outdoor sports activities at different locations for Dolphin Energy and Oryx GTL employees and their families to enjoy.

The initiatives include outdoor sports and fitness activities that will take place in the parking space of Dolphin Energy Tower for employees to enjoy with their families. Moreover, the companies have teamed up with the Fitness First gym, located in City Centre Mall, for all their employees to enjoy a full day of fitness, exercise and fun. The activities taking place in Doha, Al Khor and Ras Laffan Industrial City include fitness classes as well as activities for adults and children alike.

## LULU HYPERMARKET

Necessary arrangements to actively participate in the National Sports Day have been made by Lulu Hypermarket Group to actively participate in National Sports Day. The Lulu Management said they are putting in efforts not only to educate the community about the necessity of fitness but also the importance of healthy eating.

## QFIB

QFIB will host a family sport day for its employees tomorrow in support of the State's National Sports Day initiative and in line with QFIB's commitment to create employee-engagement programmes that encourage physical fitness and a healthy lifestyle.

With a theme focused around "A sound mind in a sound body", QFIB is working with Dubai based ABAMI, a company specialised in team building development with a focus on leisure sport activities to organize the event.

Activities will include a mini Olympics for the staff and their families in addition to several other sports activities, games and competitions. THE PENINSULA

## Ezdan joins celebrations

**DOHA:** Ezdan Real Estate, one of the leading real estate companies in the GCC region, is set to join the celebration of the Qatar National Sports Day and has proposed a number of activities for its employees to mark the event, said a statement of the company, yesterday.

Sheikh Thani bin Abdullah Al Thani, Chairman of Ezdan Real Estate, said: "The National Sports Day, being celebrated at a massive level in Qatar, reflects on the significance this day has. It is also a clear pointer to the importance Qatar attaches to create awareness for sports and healthy lifestyle among the residents."

Sheikh Thani also added: "The celebration of the National Sports Day reflects on the growth and development Qatar has achieved due to guidance and vision of H H Sheikh Hamad bin Khalifa Al Thani, the Emir of the State of Qatar, and H H Sheikh Tamim bin Hamad Al Thani, the Heir Apparent."

Sheikh Abdullah bin Thani Al Thani, Deputy Chairman of Ezdan Real Estate, said: "Qatar has become the capital of sports and all athletes in the world, especially after Qatar won the organising rights of the 2022 FIFA World Cup, wish to come and participate in events in Qatar."

Expressing his views on the event, Ali Al Obaidly, Managing Director of Ezdan Real Estate, said: "As a part of its corporate social responsibilities towards the community and creating a healthy society, Ezdan Real Estate has dedicated its facilities and properties towards serving sports at all levels.

Engineer Hesham El Sahtary, CEO of Ezdan Real Estate, said: "The Qatar National Sports Day is an important initiative designed to encourage people to adopt sports as a part of their lifestyle. There is no doubt that Qatar has secured a number of milestones in international sports by holding a large number of sports events every year."

Abdul Rahman Al Najjar, Deputy CEO of Ezdan Real Estate Company, said: "Ezdan Real Estate Company has proposed a number of activities for Ezdan employees by hosting a 10-team football event in Ezdan Village No. 24 in Al Wukair."

He concluded by adding: "Ezdan Real Estate Company and Ashghal have also joined hands to celebrate the Qatar National Sports Day together."

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# Half of residents don't do exercise: Poll 'Football Town' at Aspire

**DOHA:** Walking and jogging are the most popular sports activity among citizens and expatriates in Qatar, found a survey conducted by the Qatar Statistics Authority (QSA) ahead of the National Sports Day.

The poll confirmed the findings of earlier surveys that about half of the Qatari and expatriate population do not engage in any regular physical exercise.

The survey also found that majority of those practicing sports, among Qatari and non-Qatari, were degree holders and were married. QSA announced the results of the survey yesterday.

Of the 950 people who responded to the poll, 72 per cent were sports practitioners. People in the age group of 30-39 years formed the majority of the participants with 37.6 per cent.

Qataris made up 37 per cent of the total participants, while non-Qataris constituted 37.8 per cent, of which females were 39.5 percent. Walking and jogging were the most popular sports practiced by Qataris (30 per cent of the total sports)

and non-Qataris (35.9 per cent). Fifty five per cent of the Qataris were exercising at least once in a week, of which 51 per cent were exercising an hour a day, and 36.5 per cent were exercising daily.

On the other hand, 55.2 per cent of non-Qataris were exercising at least once in a week, of which 52.2 per cent were exercising more than an hour, 51.4 per cent of women were exercising weekly, 40.1 per cent daily and 8.5 per cent monthly.

In terms of educational status, majority of the sports practitioners were degree holders. Qataris with a bachelor's or higher degree were 74.0 per cent of total participants and sport practitioners, of which women represented 55.3 per cent.

Non-Qataris with a bachelor's or higher degree accounted for 79 per cent of the sports practitioners, of which women formed 17.1 percent. More than 59 per cent of the Qatari sports practitioners were married, of which women represented 31.1 percent. As for non-Qataris,

70 percent of the sports practitioners were married, of which women made up 13.1 percent.

The highest number of sport practitioners were in Doha municipality - 68.2 per cent of Qataris (50.4 percent women) and 87.7 percent of non-Qataris (8 percent women).

More than 30 per cent of the Qataris practiced sports at home, 34.1 percent at the club, 30.6 percent at public places and five per cent in other places.

On the other hand, majority of non-Qataris - 42.1 percent - practiced sports at public places, 20.7 percent at home, 27.3 percent at the club and 9.9 per cent at other places.

The survey also showed that 29.1 per cent of the participants had home gyms while those who had swimming pools at home accounted for only 4.23 percent.

More than 55 percent of Qataris and 64 per cent of non-Qataris said they planned to participate in sports activities on the National Sports Day.

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**DOHA:** The Qatar Football Association, Qatar 2022 Supreme Committee and Qatar Stars League will host a special event for staff and members of their families to commemorate the occasion of Qatar National Sports Day tomorrow, a press statement said, yesterday.

The event has been named "Football Town," and will take place on the Aspire football field. A wide range of football-related festivities and entertainment for the people of all ages will be on offer. Some of the major events include: football tournaments, beach football clinics and an interactive fan zone for participants to test their footballing skills. Football

enthusiasts will be able to measure the speed and accuracy of their free-kicks in addition to forming their own teams in the competitive five and seven-a-side tournaments.

Qatar Football Association and Qatar Stars League President, Sheikh Hamad bin Khalifa bin Ahmed Al Thani, said: "The football community in Qatar is committed to ensuring that National Sports Day is celebrated appropriately and has a genuine impact on improving participation in football and sport in general in our country. We expect this event to be well-attended by our staff and their families and that everyone will enjoy participating together in the

football activities that we have arranged for this special day."

Qatar 2022 Supreme Committee Secretary General Hassan Al Thawadi said: "The decision to create a day dedicated to sport in Qatar is a symbol of the strong commitment of our nation toward developing sporting participation across the population." The event will be boosted by the presence of a special guest, Ramiro Amarelle, widely regarded as the best beach football player in the world. Amarelle, who previously played in La Liga for Deportivo La Coruna, is the captain of the Spanish beach football team and coaches FC Barcelona's beach squad.

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