Active Healthy Community

Namat for a Healthy Life is a health education magazine published by the Exercise is Medicine department of Aspetar, Orthopaedic and Sports Medicine Hospital - member of Aspire Zone Foundation in Qatar. The magazine is published every three months or unless otherwise stated by Aspetar Hospital.

The magazine provides informative health topics and guidance in the fields of physical activity and exercise, nutrition, and healthy lifestyles, supported by up-to-date scientific evidence. The aim is to raise public awareness about the importance of physical activity and exercise, and to encourage healthy lifestyle practices.

This magazine, in addition to the website www.namat.qa, are part of the efforts of Aspire Zone Foundation and Aspetar Orthopaedic and Sports Medicine Hospital to promote and advocate for community health in the State of Qatar, as part of the Human Development pillar of the Qatar National Vision 2030.

This 10th issue of Namat is entitled “Active Healthy Community”, and presents interesting and related content regarding health promotion among different community members through emphasising the importance of physical activity and exercise fighting against the epidemic of obesity and the chronic lifestyle diseases. In addition to other topics and local success stories related to a healthy lifestyle and proper nutrition.

We hope that this issue achieves its objectives for the benefit of the community as a whole.

ALLAH is the grantor of success.

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For more information, please contact us on: info@namat.qa
SHOULD YOU WORK OUT IN THE MORNING OR EVENING?

Dr. Husam Rezeq / Head of EIMQ Clinic - Aspetar

It's a subject that has refused to be settled for years:

The early bird gym larks versus the weights room night owls. Who is better? Who is doing it right?

Should we all rise with the dawn and storm through a session before the rest of the world awakes? Or is it better to refresh your brain and body for the evening ahead with a 45-minute trip around the gym after a long day at work?

The key, as ever, is balance: training and eating in a way that makes you happiest – whether that means a 7am spin session or a 7pm weights workout.

Researching the internet or asking many trainers, fitness centres, and even doctors will make you face a lot of conflicting opinions and advice. You will also find great research and complex, puzzling studies at the same time, where many of these articles and tips indicate that exercise in the morning is the best! As specialists in this field we want to answer this question and spread the benefit to all.

Before answering this question, we must review ourselves and know the purpose of exercise. In other words, why do we practice? What is its main purpose? Do we exercise to improve fitness and physical activity or exercise to control and improve the state of diabetes or to reduce fat and weight?

This is of course the cornerstone before performing any exercise so that we can direct a person to the right choice and medical advice.

The answer to this question depends on several factors and it is important to know the person’s goal of the exercise, is it for:

- Preventing and treatment of diabetes?
- Reducing of weight?
- Improving muscular athletic performance?
- Making physical activity regular?
- Participating in a competition or a tournament?
When should I exercise for the prevention and treatment of diabetes?

Many articles about morning exercise are wrong; those that claim morning exercise is the best, can be misleading because studies are often not aimed at burning fat and reducing weight. Instead such studies are aimed at the prevention and treatment of insulin sensitivity, which is an early sign of diabetes. Such studies are designed to determine the oxidation of fat and compare the effect of exercise after fasting versus having eaten, and how it affects the sensitivity of insulin. Therefore the results of these studies are excellent for tips on the prevention of diabetes, as they show that exercise in the morning after fasting overnight has a greater impact on insulin sensitivity, but it has nothing to do with losing weight or increasing muscle mass. So such articles about morning exercises do not tell you the whole truth. It is easy to research and deduce certain information and write it in a way that makes you enthusiastic about reading it and even applying it. However the truth is more complicated than that.

When should I do the exercise to achieve the greatest amount of weight loss?

The answer is inconclusive. Based on a lot of research, it has not been determined whether exercising at particular times of the day affects the balance of energy or helps control weight. In some studies, it was even concluded that it is not important what time of the day exercise is done because it does not significantly affect the short-term energy consumption of a healthy adult.

In other words, do not be afraid to eat a large meal at dinner if you do exercise in an afternoon, the time of exercise will not affect your appetite or the amount of food you will eat.

When should I exercise to improve my muscular performance?

There is no definitive answer to this question and researchers found that performance is not affected much among people who exercise at different times.

Here comes the answer we are waiting for!

The researchers agree that it is not important what time of the day you exercise, as long as you maintain correct exercises and learn how to maintain an active lifestyle. Therefore, exercise time is a personal decision that depends on the lifestyle of each person - morning exercises are excellent for some people, while some prefer to do it at different times.

The researchers were unable to find any significant effect on reducing weight or increasing muscle performance when people exercise at different times. If you feel that weight loss exercises performed at noon or in the afternoon will pay off, you should continue.

If you still have doubts about the best exercise time, you should know that the studies have shown that you can break up the exercise into several short spells at different time, and it will still have the same effect as exercise you perform for a longer period in a single session. So try to stick to physical activity throughout the day eg. you can wake up and exercise for 15 minutes before your morning bath, you can hike, walk at lunch, perform pressure exercises, bend at break time, and take your children for a walk after dinner.

The bottom line is that there are no short cuts to achieving goals. The best workout is the one you actually do. More important than any science or subjective opinion on when you should train, are the dull practicalities of your day-to-day. When can you actually get to the gym? When will you enjoy it? At what time does exercise most make you feel good?
Cycling is possibly the greatest and most pleasurable form of transport ever invented. It’s like walking with only one-tenth of the effort. Ride through a city and you can understand its geography.

The starting journey of the sport of cycling is stimulating, it’s a combination of ambition, allowing you to gain ultimate momentum, exploring many avenues and gives you that go.

Cycling is not just a sport, it has changed my life forever. Being a spine surgeon with an extremely busy life, needing to stand for long hours requires endurance which is all accomplished by cycling. It is also a social sport which introduces you to new friends and connects you with people from all backgrounds.

It’s also a fun activity for all the family where everyone can ride together and enjoy spending quality time on the bike.

Cycling is a great way to explore nature either by road bike or by mountain bike for an off road desert experience, where you can explore and exercise at the same time. It’s also a way to contribute to the community by participating in rides for a cause or doing charity rides, which is a very rewarding and humbling experience.

There are approximately 258 cycle routes to explore in Qatar and the mission ‘is to aspire to execute more than 2000km of cycle lanes by the end of 2022’ as His Highness The Amir Sheikh Tamim said during National Sports Day, we are really spoilt for choices. The routes you most commonly find here are of the flat type. Most people cycle here in the months of February and October as the temperatures are much more bearable during these months.

Doha is a city built for cars. The danger posed by cars is an important reason why cycling is not yet a practicable transportation method for Doha. Even riding on roads with dedicated cycling paths can be hazardous. However, cycling is gaining popularity and there are so many different cycling groups in Doha. Lusail International Circuit, the track of about 5.31km, has been opened for females too and you can do as many laps as you like during the scheduled time.
Health Benefits of Cycling

Cycling is one of the hobbies that some people like to practice from time to time, to get a wide range of health benefits. Riding a bike helps maintain cardiovascular health. Some studies have found that people riding bicycles on almost daily basis, are 50% less likely to develop cardiovascular disease, especially coronary artery problems. The exercise also increases the fitness of the heart muscle by 7-3.

Riding a bike burns a lot of calories, and driving it for an hour at an average speed burns 300 calories and lots of fat. Cycling also strengthens the muscles of the leg and thigh, improves muscle performance and increases flexibility, and is also important for the health of bones and joints in the lower body.

Cycling leads to fat burning at the waist, giving a better aesthetic appearance, but in addition, abdominal visceral fat has negative effects on heart health and losing it improves lung function and breathing capacity. Riding a bicycle helps improve brain function and the ability to coordinate and regulate the movement of the limbs. It is a brain exercise, and cycling helps relieve tension and stress. It is fun to take a bike ride in a beautiful green area and relieve your fatigue and stress from a whole week of work. Exercise in general and cycling in particular, stimulates the immune system in the body which fights different diseases and will rid you of anxiety and insomnia.

How to be Motivated

Cycling challenges are good ways to motivate yourself, setting events is a challenge, a target that helps motivate you for training and also challenging yourself at the same time to reach your peak performance.

Joining a group is a good way to be engaged and stay motivated. The group rides are great ways to enjoy your time, sharing experiences and challenges with friends and other groups.

Cycling is a great way to travel and explore the world, you can enjoy sight-seeing covering bigger distances, exploring different terrains and exercising at the same time. Forest cycling is particularly spectacular and the greenery is proven to be the ultimate therapy for relaxation. It gives you the edge and sets you on track for exercise, work, and social life balance.
During the summer months, outdoor activities in Qatar become more limited due to the extreme weather conditions. However this should not put the community off walking as there are indoor options for people to continue to enjoy a nice, refreshing walk, and to experience the invaluable benefits of a healthy, active lifestyle. The Step into Health Program aims to encourage its participants to walk 10,000 steps or more per day, in a non-competitive, recreational, and social environment.

**Step into Health in Malls**

This Program started in 2013 when the Exercise is Medicine Department at Aspetar invited several shopping Malls (Villaggio, Landmark, Hyatt Plaza, and Al Khor) to open their facilities for the public to use as indoor walking venues. Thousands of people and malls’ management responded positively to this message, and the program continued throughout the years when even more Malls agreed to join (Dar Al Salam, Ezdan, City Centre, and Lagoona).

**The aims of this initiative**

- to implement a culture of indoor physical activity through walking during extremely hot weather within all malls in Qatar, for the community’s well-being and to contribute to the achievement of the Qatar National Vision 2030
- to support the malls to become Health Promoting Malls, encouraging them to provide healthier lifestyle services to Qatar’s community

**Awareness Events in Malls**

For the last few years the SIH team has been in collaboration with many shopping malls that have opened the indoor walking season by organising several health and physical activity events. These events included Walk and Stamp, and physical activities for kids and adults; both coordinated by Aspire Academy coaches in addition to the basic health measurements offered by Aspetar nurses. The objective of these events is to remind people that they can stay physically active during the hot summer months.
Mall Walking Clubs

In 2013 Hyatt Plaza initiated the first mall walking club in Qatar. Healthy activities such as Diabetes Mall Walk, Cancer Awareness Mall Walks, and Health Educational Mall Walks were implemented monthly, throughout the years, with great response from the community. Anyone interested in becoming a member of this Club are required to register at the malls’ info desk in Gate 3. Hyatt Plaza Management has also introduced a reward system which allows active members to be recognised for their efforts towards an active lifestyle.

Hyatt Plaza Walking Club offers walking hours every day, along with monthly health and fitness workshops.

Ezdan Mall launched their walking club in 2015. The mall created a membership system for the community and continues to provide a range of physical activities and events throughout the year. An educational video about the benefits of walking and foot stickers can be found in several spots throughout the mall.

Aspetar, subunit of Aspire Zone Foundation, are working in collaboration with malls to offer great solutions for obtaining healthy active lifestyle achievements. The community, as well as the management of new malls opened in Qatar, are cordially invited to join! Don’t miss these great openings!

Health Promoting Malls

According to global and local standards, the minimum daily requirement of physical activity for healthy adults (18 – 64 years) is at least 30 minutes, which could be completed in a single session or divided into three 10 minute bouts, reaching a weekly total of 150 minutes split across 5 days. According to the personal target (e.g. weight loss, improving fitness levels, prevention of non-communicable diseases) the total weekly requirement could be extended to 300 minutes across 5 days.

Health Promoting Malls offer to the community a range of opportunities for indoor physical activity. It is well-known that physical activity has a positive effect on health; it improves stamina and fitness, lowers blood pressure and cholesterol, helps weight management, reduces levels of stress and anxiety, improves quality of sleep, and increases confidence levels. The use of malls’ facilities could help the community to achieve a certain number of steps daily and to burn some calories, but also to accomplish the physical activity recommendations. For the community’s support, below is a list of some malls in Qatar including the step, calorie, and distance measurements of their available venues for walking:

<table>
<thead>
<tr>
<th>Mall</th>
<th>Steps achieved</th>
<th>Calories burnt</th>
<th>Distance in Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Villaggio</td>
<td>3000</td>
<td>150</td>
<td>30</td>
</tr>
<tr>
<td>Landmark</td>
<td>1800</td>
<td>90</td>
<td>19</td>
</tr>
<tr>
<td>Al Khor</td>
<td>2000</td>
<td>100</td>
<td>20</td>
</tr>
<tr>
<td>Hyatt Plaza</td>
<td>1200</td>
<td>70</td>
<td>12</td>
</tr>
<tr>
<td>Ezdan</td>
<td>1600</td>
<td>80</td>
<td>17</td>
</tr>
<tr>
<td>Dar Al Salam</td>
<td>950</td>
<td>55</td>
<td>10</td>
</tr>
<tr>
<td>City Center</td>
<td>2700</td>
<td>148</td>
<td>29</td>
</tr>
<tr>
<td>Lagoona</td>
<td>1700</td>
<td>85</td>
<td>18</td>
</tr>
</tbody>
</table>

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INTERVIEW WITH PIERRE DANIEL  
‘RUN AROUND QATAR’ CHALLENGE

Prepared by Abdulla Al-Mohannadi / Acting Director of Exercise is Medicine Department - Aspetar

Pierre, tell us about yourself and your major.

I’m French. I’m 36 going on 37. I’ve been in Qatar for almost 10 Years. I’m married with 3 kids, all of them born and raised in Qatar.

I’ve studied Marketing and Media and I’m also a Certified Fitness Instructor.

1. What do you do on a typical day?

When I’m not running around the country, my typical day looks like this:

I wake up around 5:30am. I go for a short swim or a short yoga and stretching session. Sometimes both. Then I prepare for work and spend a bit of time with the kids.

I don’t take breakfast at home, I have it at the office. I only have an apple on my way to work.

I drive to work where I will spend the next 8 hours.

I’m known in the office for always taking the stairs and packing my own breakfast and lunch.

I eat most of my food in the morning from the minute I sit at my desk until lunch time. I eat a mix of fruits, vegetables, and some proteins like turkey breast and cheese. For lunch I usually only have a salad. It’s enough since I’d been eating a lot all morning. If I’m still feeling hungry in the afternoon, then I’d go for nuts or more fruits.

For beverages, I’ll have Zaatar infusion in the morning, coffee and ginger and mint with tea throughout the day, and of course water, a lot of water. I must be drinking around 2 to 4 L of water every day.

After work I make sure to spend some time with the kids. If I have to go to a training session I would make sure that their mum is also back from work before leaving and I usually involve my 2 years old in the preparation for my session, like setting up the equipment or something else, to make sure he feels integrated in this part of my life and doesn’t become frustrated to see me go for training.

Then there is dinner with the family.

The kids are in bed around 7pm. At that time, just like in the morning, I sometimes go for a short swim or a short Yoga and stretching session. Sometimes both. I’m using a pre-bedtime yoga routine that must be around 8 min long. I like to keep these short because it gives you no excuse to skip it. When I feel like it I will go for a full yoga session. I’m trying to sleep a minimum of 8 hours each night.

During the weekend I’m doing longer training sessions (up to 7.5 hours for ultra-running) so I wake up around 3 am and try to do most of it before my family wakes up and make sure it doesn’t affect our family life.
2 You completed around 477km in Run Around Qatar. What motivated you and made you enjoy doing this challenge? Please tell us more.

Let’s be honest, my first motivation is because I simply love it. Doing long endurance activity and being in contact with nature for so long really elevates you and helps you grow.

Beyond this, I had two main objectives for Run Around Qatar:

1. A demonstration of human potential: I wanted to show to people what we are all really capable of and that we are all way stronger physically and mentally than we think. I sincerely believe that everyone has it in them to do great things.

2. Showcasing the natural beauty of Qatar: Too many people in Qatar and around the world still ignore how beautiful Qatar can be. I knew that by running around the country I would go by almost every different landscape you can find in Qatar and I really wanted to share the journey with people.

3 What were your major achievements during this activity?

The challenge turned out to be way more difficult than I expected. Each day was bringing a new physical and mental challenge. On day 3, I had to go for 32 hours without sleeping and this after having only 1 hour of sleep between day 2 and day 3. Same on day 7, when I had to keep going for more than 28 hours. This was really unexpected. It happened because of how brutal the first two days were and how late I was by the end of day 2.

I really had to dig deep and find the mental strength to carry on no matter what. I believe that what really helped me in the end is the fact that even in the darkest moment, I found a way to enjoy the adventure and also to appreciate the beauty of my surroundings and the amazing people I met along the way...

4 What are your long and short term goals in this field? Tell me how will achieve them?

I will probably keep on running for pleasure for a while. I want to get back to mountaineering. A few of my friends have mountaineering objectives and I may follow them on some of them.
5 How did you prepare yourself mentally and physically before this challenge? How did you stay balanced and maintain your performance?

I like to keep training simple and efficient. I have to manage as much space as possible for my family and professional life. My physical preparation was split into 3 main sessions per week.

Here they are:

- **Staircase intervals with weight vest:** [1 running up/1 running down] up to 12 repetitions (no rest in between). Weight would increase each week from 2 to 12Kg.
- **Progression run (threshold session):** a short run of 2 hours max (around 20km) where I would start gently and consistently increase the intensity to finish hard to very hard and give it all in the last few kilometres.
- **Long run:** This should be Easy Fartlek. This means I get to pick my pace and give it variations based on feeling. This session is meant to be “low intensity” but for a long duration. It aims to training the aerobic energy system (below %70 of max HR) and train the body to be on the field for a very long time. These long sessions would increase from 3 Hours up to 7.5 hours of non-stop running.
- **Cross-Training and a healthy lifestyle:** I didn’t do a lot of Cross-Training sessions as per, although I would still almost every day do some mid-intensity core exercises. However, yoga and breathing exercises are totally incorporated in my lifestyle and daily routine. I practice it several times every day. It procures some undeniable benefits and helps me deal with the aftermath of my training session as well as helping me manage my fatigue and energy levels.

6 What is your advice for beginners?

As I said, I believe to an extent that everyone can do what I did. We all have it in us somehow. Beginners should trust themselves to be strong physically and mentally.

Self-confidence and the will to grow and improve will lead to self-discipline and dedication. These are the only skills necessary to start your journey. Believe in yourself.
Please tell us more about Qatar’s nature and climate; how would you describe it during your 477km run journey?

Qatar’s nature was obviously forged by its climate. Most people see it as dry and empty. But I see purity, humility. The simplicity of a life form that had to struggle to survive.

Qatar landscapes are majestic from far and once you get closer they are full of tiny treasures that can be discovered for whomever takes the time to stop and look. I will take the example of those desert flowers. From far, they all look grey and dusty. But when you look closer, they are actually all different, full of colours and beautifully shaped.

The magazine theme is ‘Community Health’. Any message or advice would you like to communicate to our local community and people?

Physical activity and healthy habits are totally integrated in my life. This is not something that I have to think of doing. It became part of the way I do every single thing in my life.

I believe in small steps. I believe that everyone trying to maintain or improve their health should consider and identify all the tiny improvements that they are ready to make and commit to without sacrificing their current lifestyle. At a later stage they can carry on this practice and identify new points they can improve.

Any acknowledgements you want to mention here?

I would like to thank again all the people that supported me during the Run Around Qatar, and also share my joy that so many felt inspired by my challenge. This was an unexpected gift and I feel very blessed to be able to help even just a little.
Research tells us that there is a positive link between children being active and playing sport, and their ability to get better grades. Children can spend less time on academic learning and extra time being physically active throughout a school day, and still have a positive impact on learning.

Benefits of Increased Physical Activity for Children:

- Improves self-esteem and self-concept, which supports the reduction of stress and anxiety.
- Regular physical activity has numerous health benefits such as muscular fitness, bone health, and cardiovascular wellbeing.
- Children seem to be more productive, motivated, and better organised and effective in learning and performing tasks.
- It supports obesity reduction, as obesity in the long run can cause lifelong conditions such as diabetes, hypertension, heart conditions, and other disorders.
- Physical activity improves cognitive development.
- Physical activity leads to better academic achievement based on numerous studies worldwide.
- It reduces the likelihood of children being involved in antisocial behaviours as they grow older.
Benefits of Increased Physical Activity for School and Teachers:

- Teachers doing activities with kids will experience improved well-being and reduction of stress.
- Physical activity can lead to a positive school climate and an enjoyable environment for learning.
- Improvement in overall discipline in school.
- Children have better concentration levels in school.
- Children seem to be more productive and seem to be more inspired to learn.
- It can improve the children/teacher relationship.
- Improved school profile in the community.
- Physical activity leads to improved health and thus reduction in in absenteeism.
- Decrease in behaviour problems.

Adopting a physically active culture is not just about incorporating physical activity within the curriculum. It requires a shift in attitude and behaviour that needs the involvement of the whole school community.

School increases activity time in timetable. Create an active culture

- Children, actively involved in activities before, during and after school
- Teachers take the leading role
- Parent support and encourage children to participate
- School environment to be Ustelizied
- Ministry of Education supports the initiative
Discover Your Healthy Lifestyle

Improve health, wellness and your quality of Life through the newly refreshed and improved namat website.

www.namat.qa
Namat for a healthy life mobile application is an open national and regional public Health educational platform developed by Aspire Zone Foundation and managed by Aspetar – Orthopaedic and Sports Medicine Hospital.

It is designed to focus on promoting physical activity as part of a healthy lifestyle in communities. namat enhances knowledge about best practice guidelines for physical activity and healthy eating, contributing to a sustained change in positive lifestyle behaviours in individuals.

App features:

- Reviewed healthy content related to updated research studies in physical activity, nutrition and health practices.
- Health consultation on related topics.
- Latest news and events regarding healthy lifestyle.
- Initiatives to promote healthy living among children, patients, and all members of the community.
- Vital exercise plans for a better lifestyle.
- Membership opportunities for health experts and medical specialists, where they can participate in content authorship.

Available on iOS and Android devices
namat.qa
FOR MY SAKE
AND MY FAMILY

Lucia El Ghorayeb / Senior Registered Nurse - Aspetar

For My Sake and My Family is similar to many stories from everyday life. The writer was inspired by her work nursing patients complaining of similar pains.

She entered her room, locked the door behind her, then stood in front of the mirror and cried with tears. The pain in her knees increases day after day, but she did not want to tell her family about it, as they were busy preparing a surprise for her birthday and it could spoil the beauty of the occasion.

Here she hears the voices of everyone outside, cheering and dancing, but she is unable to join them, as she used to do in her youth.

She stopped her tears and opened the door slowly, just as her daughter stepped in to inspect her:

“Mom, are you okay? What are these tears?”

» No, my daughter, I’m fine ... Let’s get out of here and enjoy the celebration.

» You will not go out before you tell me the reason for your crying.

» Do not worry, my daughter. It’s just pain. I’m 55 years old, and it is normal to feel some pain at my age. She said with a light smile.

The girl took her mother’s hand and hugged her towards her, saying:

“You do not have to do this, Mom, this is your birthday, and you will have the best gift in the near future, God willing.”

The next day, the girl came with a card wrapped in a silver band. She said to her mother: "This is my gift to you, my mother, please accept it. You have always relieved my pains since I was young, now let me relieve some of yours too!"
The mother’s eyes were drawn to see her name on the card: she had been booked with the most famous doctors and in the finest hospitals, very soon.

She began counting the days and hours until she found herself face to face with the doctor. The doctor tried to calm her down and explain to her that knee pain at her age is only a result of damage or dryness in the cartilage tissue, a normal development of the age of the knee, exactly like facial wrinkles and whiteness of hair. A certain system of exercise and diet can help reduce the pain and delay the complications of further degeneration, which may make the joint motionless and severely painful. He then introduced her to a team that would assess her for several months.

She was pleased with her visit to the doctor. She thanked her daughter for this valuable gift and promised that she would strive to adhere to the health program for her and her dear family.
IS TECHNOLOGY HELPING?!

Suzan Sayegh / Health Promotion Researcher - Aspetar

We are living a technologically automated marathon that raises the argument of whether technology is actually causing sedentary lifestyles or physical activity. The World Health Organisation defines physical inactivity as the fourth leading risk factor for deaths around the world, accounting for about 3.2 million deaths globally. According to the American Academy of Pediatrics, children spend an average of 7 hours per day on screens such as televisions, mobiles, tablets, video games, computers, etc. This reflects the alarmingly increased sedentary behaviour that is known as a risk factor for obesity in children.

We cannot ignore the fact that technology is an essential aspect which makes our lives easier. However, at some point and without us even noticing, technology is negatively affecting our children’s health and well-being. Our children are falling into the trap of advanced technology. Physical activity is being replaced with technological devices that mostly promote nothing but a sedentary lifestyle. For example, children often choose to play video games or watch their favourite shows for a whole afternoon instead of playing outside or engaging in sports activities with their friends and family.

So, is technology really helping?

On the other hand, some technological advances are considered beneficial such as fitness devices, web-based health trackers, and even video-based physical activities. It is a misconception that technology is the only reason behind obesity. Other influencing factors can also increase obesity, including an unhealthy diet and the surrounding environment. Unfortunately, some parents might love the idea of how technology can keep their children occupied while they are busy. They might also associate family time with watching television, thus, unintentionally encouraging more sedentary behaviour. With minimal energy expenditure and not meeting the minimal required daily physical activity, children are also being subjected to more snacking.
Technology cannot be bad when used in a rational manner

Many activities can replace technology, such as playing outside or running around, which are not really desired by children anymore. The solutions to this problem are numerous! It can simply start with parents having control over the sedentary time spent by their children, in order to promote physical activities. Experts claim that children should be limited to not more than 2 hours of screen-time per day. To encourage this, parents can allocate time for outdoor or after school activities of their children’s choice. In this way, parents foster an entertaining healthy lifestyle that will in turn increase physical activity. Parents need to make sure that there aren’t any distractions involved in such activities like cell phones or tablets.

To Parents: "Choose Wisely"

Creating a balance between technology use and physical activity is an important habit in your child’s daily life. You, as a parent, can be the perfect role model for your children and family.

To parents, try turning off the television while having dinner, limiting computer/tablet/video game use to no more than 2 hours each day, and engage in some form of physical exercise together. Help your children to take a break from media devices and sign them up for a gymnastics class, recreational soccer team, or even swimming classes. It is important for them to develop friendships with other kids as well.
THE DANGERS OF IDLENESS

Dr. Ahmad Al Hamdani / General Practice Specialist - Aspetar

There can be no doubt that life today is much easier than it was 50 years ago, even among the poor. We enjoy more conveniences than ever before. Likewise, our society offers much more entertainment and leisure than in generations past. Yet, paradoxically, there has also been a substantial increase in boredom and idleness among individuals; and the consequences have not been good.

Chronic disease risk is elevated if individuals are highly sedentary, so even an hour of recommended activity for individuals isn’t full protection if they’re sedentary for the remainder of the day. Benefits of being less sedentary include improved fitness, self-esteem, and school performance.

Evidence of a protective effect of physical activity on health outcomes has been apparent since the origin of modern medicine. Hippocrates was referring to physical activity when he stated that: “All parts of the body which have a function, if used in moderation and exercised in labours in which each is accustomed, become thereby healthy, well-developed and age more slowly, but if unused and left idle they become liable to disease, defective in growth, and age quickly.” Inactivity leads to many diseases, among them:

**HEART DISEASE** Muscles burn less fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people with the most sedentary time are more than twice as likely to have cardiovascular disease as those with the least.

**MUSCLE DEGENERATION** When you stand, move, or even sit up straight, abdominal muscles keep you upright. But when you slump in a chair, they go unused. Tight back muscles and wimpy abs form a posture-wrecking alliance that can exaggerate the spine’s natural arch, a condition called hyper lordosis, or swayback.

**POOR LEG CIRCULATION** Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. Problems range from swollen ankles and varicose veins to dangerous blood clots called deep vein thrombosis.
The following mind-sets can renew your mind and create a lifestyle of productivity and purpose:

- Make getting fit enjoyable
- Choose activities that suit your lifestyle
- Incorporate physical activity into your daily routine
- Make exercise a social event
- Exercise with a partner or a group
- Keep some exercise equipment at home
- Vary your sports
- Set goals for yourself
- Get active around the house
- Look for incidental ways to move your body every day

Stay enthusiastic. Fill time with enjoyable activities and encouraging people, and stay connected to your purpose. Enthusiasm will ebb and flow, and these things help prevent losing focus.

Develop an awareness of time. Those with lazy and idle mind-sets lack awareness of time’s preciousness. Overcoming idleness and laziness requires valuing time. Be productive. Just like laziness and idleness are learned habits, so too is productivity. Remember that productivity is really well-disguised idleness when it lacks purpose.

FOGGY BRAIN Moving muscles pump fresh blood and oxygen through the brain and triggers the release of all sorts of brain and mood-enhancing chemicals. When we are sedentary for a long time, everything slows, including brain function.

PAY ATTENTION TO THESE RISKS:

- Danger of sitting for long periods (The killer Trap)
- Sedentary periods cause obesity, diabetes, and even sudden death
- Exercises for 30 minutes a day is not enough alone to enjoy health and protect one from the disease
- Sedentary life exposes us to the problems of chronic pain and arthritis

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EIMQ is a global initiative, managed in Qatar by Aspetar (Sport & Orthopaedic hospital). EIM is focused on encouraging health care providers, regardless of speciality, to review and assess every patient’s physical activity levels at every visit. Patients should be counselled on exercise regimens, and provided with an exercise prescription or referral to an accredited exercise physiologist or appropriately qualified allied health professional.
The initiative encourages primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Along with the National Physical Activity Plan, Exercise is Medicine strives to make physical activity a “vital sign” that is routinely assessed at every patient interaction with a health care provider.

Read more about this initiative and download free educational material on: namat.qa
Probiotics are a Greek word in which pro means “promoting” and biotic means “life”. In simple terms, probiotics are a bunch of living bacteria found in food items such as yoghurt. Don’t be alarmed, they are not harmful, in fact, they are valuable to the body. Bacteria are naturally found in and on the body such as in the gut, on skin, and in the mouth.

These bacteria are actually helpful to us, as bacteria found in the gut helps digest food and make vitamins. Such bacteria are “good” bacteria, while the ones that cause harm are “bad” bacteria. The balance of these good bacteria against the bad bacteria is very important. Certain disease conditions and other factors such as age, genetics, and diet mean the amount of bad bacteria increases while decreasing the amount of good bacteria, which causes health problems.

Probiotics were first discovered in the early 20th century, and in recent years a lot of research is being done to discover more about their beneficial effect on human health. Studies have found many types of bacteria that can be classified as probiotic, some of the names of these good bacteria are Lactobacillus casei, Lactobacillus acidophilus and Bifidobacterium bifidum.

Lactose intolerance is a condition that makes some people sensitive to dairy products such as milk and yoghurt. Lactose intolerant people are unable to digest lactose, which is a major component of dairy products. Symptoms of lactose intolerance are diarrhoea, bloated stomach, gas, and stomach pain. Studies have found that Lactobacillus acidophilus, which is a probiotic, helps to reduce these symptoms in lactose intolerance individuals. Lactose intolerant people can get probiotics from non-dairy products fortified with live cultures of Lactobacillus acidophilus. Probiotics are also available as over-the-counter medicine, but only take these tablets after consulting with your doctor.
Advantages of probiotics:
- Help fight bad bacteria in the gut
- Makes compounds that destroy disease-causing microorganisms
- Prevents bad bacteria from sticking to the gut and taking nutrients
- Prevents colon cancer
- Helps in reduce diarrhoea
- Helps in conditions such as Irritable Bowel Syndrome
- Helps against diarrhoea caused by anti-biotic use
- Helps boost immunity
- Reduces symptoms of lactose intolerance

Probiotics are found in the following food items:
Yoghurt, kefir products, aged cheese, kimchi, and cultured non-dairy products.

The safety of probiotics depends on an individual's health status. Probiotics are generally safe to use by everyone, as long as they do not have a serious medical condition. The use of probiotics should be avoided in people who are critically ill, have very weak immune system, have had surgery, or are very ill infants. In such situations probiotics may cause infection.

All in all, probiotics are a healthy natural substance found in food.
The famous detox diet is well known for clearing the body of toxic waste in order to stay healthy and lose weight. These toxins are said to build up in our system and the health problems they cause include weight gain, bloating, headaches, dull skin, cellulite, fatigue, aches and pains, and a general lack of wellbeing. Detox diets claim to provide rapid weight loss, improved digestion, improved hair, nails, and skin, improved energy levels, and boosted immune system, among other things.

How do Detox Diets work?
There are many types of detox diets, but most recommended you go on the diet for a period between one day and one month. Most of them involve fasting for short periods of time.

What is a Detox Diet?
Detox Diets are about consuming fruits and vegetables, cutting out wheat and dairy products, consuming only a limited range of foods, along with avoiding caffeine. Generally, fruits, vegetables, beans, nuts, seeds, herbal teas, and large amounts of water are allowed. Wheat and dairy products, meat, fish, eggs, caffeine, alcohol, salt, sugar, and processed foods are commonly banned.

Vitamin and mineral supplements are often recommended as an adjunct to a detox diet. One of the effects of spending a period of time on a detox diet is constipation, so the addition of any type of fibre into the diet is important and can have laxative effect. Many forms of detox diet involve some type of fast, with liquids only during a certain time, often followed by the gradual introduction of certain foods. You are encouraged to chew your food thoroughly, drink very little while eating, and relax prior to each meal.

Do we need to Detox?
The concept of a detox is to help release all the poison, bacteria, and toxins from food, and pollutions that you face every day from the environment. There is no scientific evidence about the efficacy of these detox diet, and we must ask if we really need to clear the toxins with a special detox diet. The answer is no, because our bodies constantly filter out, break down, and excrete toxins and waste product. The organs in our body that are responsible for this process are called detoxifiers and are the: liver, kidney, lungs, skin, intestines, and immune system. Are the toxins visible? Yes, we excrete them in the form of faeces, sweat, and urine.
Will a Detox Diet make you lose weight and burn fat?

Yes, you may well lose weight on a detox diet. Fasting or severely restricting what you eat limits the intake of energy, and rapid weight loss can occur, depending on the length of time the fast lasts. This weight loss is largely water and glycogen rather than fat though, which means that the weight is rapidly regained once the detox diet is completed and it might be twice your previous weight before initiating the detox diet. Lengthy fasting might in fact slow the metabolic rate and the breakdown of fat stores, and result in loss of muscle.

On the other hand, a Detox Diet can reduce headaches, you might have clearer skin because of improved hydration, and you might feel healthier and better - but this also might be a euphoria from the perception of doing “something good” to your body.

What are the cons of a Detox Diet?

The main problem with detox diets is that they can lead to a diet which is very short of essential nutrients.

The bottom line

Detox diets are marketing myths rather than nutritional reality. They sound like a great concept and it would be fabulous if they really delivered all that they promised! Unfortunately, many of the claims made by detox diet promoters are exaggerated. While they may encourage you to eat more fruit and vegetables, it’s the best to enjoy a healthy, varied diet.

If not Detox, then what?

Increase your water intake! Replace soft drinks and juices with plain water, or you can dilute juices in water to keep up energy and keep yourself hydrated.

Boost the amount of fruit you’re eating! Add a piece of fruit to your breakfast, or cut some fruit for desert at dinner; seasonal fruits are yummy and inexpensive, it can be a great snack.

Get into the vege habit! It’s very important to include vegetables in your life, make half of your total intake during the day vegetables. There are a lot of creative ways to include vegetables in your meals, so make it your priority.

Change your grains! Try to go for whole grain choices when you shop or cook in the house, it is lighter and make you full faster and for longer. Whole grain cereals or toast would be perfect for breakfast.

Ease up on fat! Switch to low-fat, eg. use spray oil instead of bottled, grill everything, and try using hummus for sandwiches instead of butter.
HEALTHY RECIPES

Eiman Al Hammadi / Health Promotion Researcher - Aspetar
In collaboration with Aspire Logistics and Hospitality Department

HEALTHY RISOTTO

Calories for meal: 958Kcal
Calories for one dish: 239 Kcal

INGREDIENTS

1 medium sized onion
1 tablespoon olive oil
2 pieces of chicken breast (cut into cubes)
2 cups of Arborio rice, for Risotto (cooked)
2 teaspoons spices (paprika, black pepper, salt)
1 tablespoon of Cajun spices
¼ cup of ground coriander
1 tablespoon of vinegar
2 cup of low fat milk
3 tablespoon tomato paste

METHOD

1. Heat the olive oil with the tomato paste and stir for 5 minutes whilst adding spices and milk towards the end.
2. In another pan, add the onion with a little olive oil, chicken breast, spices, vinegar, and coriander, and simmer until the chicken is cooked.
3. Add the cooked Risotto rice to the sauce and stir until it thickens.
4. Serve Risotto hot and decorate with chicken pieces.

NUTRITION MESSAGE

Risotto is one of the famous rich Italian dishes, which usually contains high amount of fat. We can make it healthier by replacing the high calorie fat with one spoon of olive oil and low fat milk.
POMEGRANATES & APPLE JUICE

Calories per 1 cup: 132 Kcal

INGREDIENTS

1 medium pomegranate
1 medium apple
Mint leaves
Ice cubes

METHOD

1. Chop the pomegranate into two and remove pomegranate arils.
2. Peel and chop the apples.
3. Add the apples and 2 mint leaves to your juicer.
4. Extract the juice and then add the pomegranate. Pour into a glass and decorate with small pieces of pomegranate and mint leaves.

NUTRITION MESSAGE

This kind of juice would be very refreshing and healthy during summer time. Pomegranates and apples are rich in fibres and are considered a source of antioxidants that improve the body’s immune system. It will also help maintain a healthy heart and control cholesterol levels in the blood.
Qatar Cyclists Centre, officially opened in 2014, was established by a group of cycling loving Qataris. The dream of having their own team quickly grew and was realised not only by forming Qatar Cyclist team but also by becoming the officially recognised cycling centre under the umbrella of the Ministry of Culture and Sport in Qatar. It aims to spread the culture of cycling in Qatari society for both sexes and all ages, strengthen the social bond between the youth and family, as well as maintain the spirit of sport and ethical principles.

Annual Main Events and Activities:

- **The Ride of Champions:** in cooperation with the Cycling Federation, the biggest cyclo-sportive event in Qatar. Nearly 2,000 cyclists from 70 countries participated in 2017.

- **Al Adaid Desert Challenge:** is the most difficult mountain bike race challenge in Qatar, it lies in the Khor Al-Udid Reserve. Local and international participants.

- **National Sports Day:** the Centre participates in several events on Sports Day and sponsors many to show what is does and what it believes in on a large scale and for all ages.

- **The GPI Trip:** a charity fundraising trip through which many Qataris travel through European countries collecting donations for charity.

<table>
<thead>
<tr>
<th>Day &amp; Time</th>
<th>Venue</th>
<th>Training Type</th>
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<tbody>
<tr>
<td>Sunday 8 - 5 pm</td>
<td>Cycling Federation headquarters- behind Lusail International Circuit</td>
<td>Beginners and professionals</td>
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<tr>
<td>Monday 8 - 5 pm</td>
<td>Qatar Foundation - Awsaj Academy training hall</td>
<td>Ladies only - Indoor training</td>
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<tr>
<td>Tuesday 8 - 5 pm</td>
<td>Qatar Foundation - Awsaj training hall Lusail International Circuit</td>
<td>Open - Indoor training Ladies only - Outdoor training</td>
</tr>
<tr>
<td>Wednesday 8 - 5 pm</td>
<td>Qatar Foundation - Awsaj training hall Lusail International Circuit</td>
<td>Ladies only - Indoor training Open - Outdoor training</td>
</tr>
<tr>
<td>Friday or Saturday</td>
<td>Various outdoor areas</td>
<td>Long ride based on schedule plan</td>
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CONTACT US: ☎️ 50943475 📩 Qatarcyclists 📱 Qatarcyclists11
Take your walk to the mall.
## EVENTS AND HEALTH DAYS

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>April</td>
<td>World Day of Physical Activity</td>
<td>6 April</td>
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<tr>
<td>May</td>
<td>World Asthma Day</td>
<td>3 May</td>
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<td>World Hand Hygiene Day</td>
<td>5 May</td>
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<td>International Nurses Day</td>
<td>12 May</td>
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<td>World Hypertension Day</td>
<td>17 May</td>
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<td>World No Tobacco Day</td>
<td>31 May</td>
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<tr>
<td>June</td>
<td>World Blood Donor Day</td>
<td>14 June</td>
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<tr>
<td></td>
<td>World Sickle Cell Day</td>
<td>19 June</td>
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