



## **QATAR FOUNDATION ORGANISES FUN-FILLED ACTIVITIES FOR NATIONAL SPORT DAY**

*Designed To Promote Physical Fitness And Healthy Lifestyles*

**Doha, Qatar, 6 February 2016:** Qatar Foundation for Education, Science, and Community Development (QF) is set to celebrate National Sport Day on Tuesday, 9<sup>th</sup> February. The jam-packed schedule will feature over 60 exciting sports activities designed to promote health and wellbeing in Qatar.

Under the theme of 'Unlock Your Inner Athlete', this year's National Sport Day aims to inspire men, women, and children of all ages and athletic abilities to lead healthier, more active lifestyles. In line with the Qatar National Vision 2030 (QNV2030), the activities demonstrate QF's commitment to shaping a healthy, sports-loving society, while inspiring people to make positive, long-lasting changes.

Throughout the day there will be a series of competitions and tournaments taking place across Education City. The highlight of these events will be the annual 3km walkathon, hosted by Sidra Medical and Research Center. Visitors will have the opportunity to explore the sprawling campus, and learn more about the role that QF plays in promoting education, science and research, and community development.

This year, activities will be held in QF's brand-new Oxygen Park. Featuring 117 different types of plants over 130,000 square metres, it boasts a covered walkway, running track, gardens, equestrian track, and sports pitch. On National Sport Day, the Park will host pony rides organised by Al Shaqab, Crossfit, zumba, and boxercise classes, as well as a beach volleyball tournament.

Hamad bin Khalifa University's (HBKU) Student Center will also play host to a series of fun-filled activities, including bowling, table tennis, volleyball, basketball, football, traditional games, and group fitness classes. In addition, events for QF staff, those with special needs, and ladies only will also be on offer across both venues.

Commenting on the significance of the annual holiday, Engineer Saad Al Muhannadi, President of Qatar Foundation, said, "This year's National Sport Day will be very exciting as we have a variety of different activities that aim to engage the entire community. QF prioritises sports and wellbeing, and National Sport Day is at the centre of our multifaceted, year-long plan which has been specially designed to foster an active and healthy society."



“We are committed to providing activities that cater to everyone, young and old, in order to spread awareness on the importance of wellbeing, as well as prevent diseases through productive change. Therefore, this is also an opportunity for us to demonstrate the hard work our centres have dedicated to the development of healthcare in Qatar,” Al Muhannadi said.

National Sport Day also focuses on nutrition and healthy eating, and, throughout the day, a number of educational activities will be on offer to the public. For example, Sahtak Awalan – Your Health First, a five-year campaign by Weill Cornell Medicine – Qatar (WCMC-Q) aimed at influencing young people to make healthy lifestyle choices, will give young people the opportunity to blend their own smoothies using specially adapted bicycles.

First launched in 2012, Qatar’s National Sport Day is held on the second Tuesday of February every year. The annual event aims to address the importance of physical and mental health, as per the Human Development Pillar of the QNV2030.

#### **Image Captions:**

**Image 1:** Attendees watch a presentation on Qatar National Sport Day activities organised by Qatar Foundation for Education, Science and Community Development’s (QF).

**Image 2:** Participants of Qatar National Sport Day media briefing tour Education City.

**Image 3:** Attendees of round table board Doha Bus for a tour around Education City.

**-ENDS-**

#### **Qatar Foundation – Unlocking Human Potential**

Qatar Foundation for Education, Science, and Community Development (QF) is a private, non-profit organisation that is supporting Qatar on its journey from carbon economy to knowledge economy by unlocking human potential, for the benefit of not only Qatar, but the world. QF was co-founded in 1995 by His Highness Sheikh Hamad bin Khalifa Al Thani, the Father Amir, and Her Highness Sheikha Moza bint Nasser, Qatar Foundation’s Chairperson. QF’s work encompasses education, research and community development. World-class universities are brought to Qatar to help create an education sector in which young people can develop the attitudes and skills required for a knowledge economy. At the same time, QF builds Qatar's innovation and technology capacity by developing and commercialising solutions through key



sciences. The Foundation also works to foster a progressive society while enhancing cultural life, protecting Qatar's heritage and addressing immediate social needs in the community.

For a complete list of QF's initiatives and projects, visit <http://www.qf.org.qa>