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DON'T JUST SIT THERE

"I decided that giving up was not an option. The only out is through"

Not letting breast-cancer define who she is, one woman has taken the path to embrace it and heal through love & yoga... one moment at a time.

It was just like any other day when Amal Jaffar felt a hard, painless lump in her breast in February 2018. She wasn't sure what it was and after two months of a series of diagnostic tests, in May 2018, right after her wedding, it was confirmed that the tumour was a stage 1 breast cancer. As many gear into the annual international health campaign in October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure, Weekender spoke to Amal, a Yoga Instructor who is a vision of accepting yet not letting breast cancer define who you are. An inspiring talk till the very end, read on:



W. How was your initial response and how did you learn to cope with it?

Amal: When the doctor broke the news to me, my initial response was a mix of shock, fear and sadness. However, even before I left the hospital that day, I also felt faith and inner calm.

I knew quickly how to cope with my thoughts and feelings because through years of practicing yoga, I had learned how to observe and identify my emotions without necessarily rejecting them or being attached to them. I had also learned to hold space for myself and allow myself to feel whatever I was feeling with no judgment.

W. How did you gain the courage to fight it?

Amal: Firstly, I don't like to look at cancer as something I should "fight". It's a part of my body that needs to heal and healing requires love and compassion, not anger nor violence. I decided that giving up was not an option. "The only out is through". I had work to do and I simply needed to do it no matter how hard it was. I reminded myself that I have all it takes to handle this and I will learn more as I go. Also, to maintain my calm whenever I felt anxious, I reminded myself to take it one moment at a time, one piece of information at a time.

W. How has your journey made you learn and grow from thereon?

Amal: I am constantly learning many things. I have learned to ask for help and not hesitate to accept it. I have learned to slow down and take as much rest as needed. I'm also reminded not to be too attached to my physical body and love myself no matter how I look or feel.

Most importantly, this journey is reminding me of the power of perspective, my reality is

however I choose for it to be and I choose to think of this as an opportunity to grow and create wider spaces for love and kindness in my life.

W. How does yoga integrate into your journey to combat cancer?

Amal: In simple words, yoga has saved me. The philosophy of yoga, which inspires values such as truthfulness, surrender, non-attachment and non-violence, have long been my life guidelines. Breath work helps me feel calm and even reduces pain sometimes. The physical poses of yoga keep my body energetic, strong as well as help me manage some side effects of chemotherapy.

Amidst treatment, I still practice yoga regularly and I'm also still teaching yoga classes. It keeps me balanced.

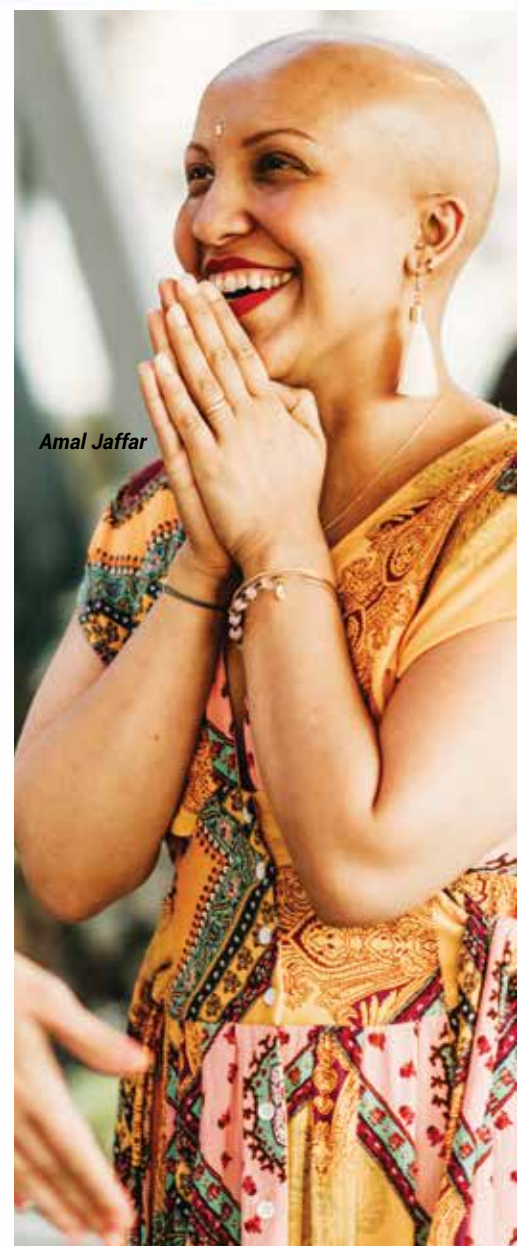
W. Any words on why regular checkups should be adapted by women?

Amal: I'd say we could all benefit from body awareness, regardless of age and gender. It is extremely useful to know our bodies and notice when something changes. In the case of breast cancer, doing a monthly self check is vital.

W. Words of advice for those who are facing this health concern and how to not let it control them?

Amal: Take it one moment at a time. Allow yourself to experience whatever you feel. Surround yourself with fun company. Believe that you're on the right track. Believe that the treatment will work and it will. Do things that you enjoy. Remember you are not defined by this health matter and you are not just your body.

Follow Amal's brave journey on @yogawithamal



Amal Jaffar

Bahrain beams as the ultimate destination with The Ritz-Carlton Charm

As the world continues to evolve, the global travel market industry is also changing with guests bring driven by experiences rather than just booking rooms. Hotels need to be at the forefront of service and experience innovation in order to stay on top. And among the many defining names in Bahrain, The Ritz-Carlton, Bahrain has managed to set the bar high, elevating their own benchmark by giving guests a remarkable plethora of experiences, every year. And this year, it just can't get any bigger...

From becoming an unforgettable wedding destination as a re-imagined, permanent wedding space is setup to providing a luxury pearl islander excursion package experience and new beach bar, the landmark resort has certainly lined up great initiatives that will affirm its position within the market. And with a new leader on board, as Jeremy Canivet takes the reins of being the beachfront resort's new Director of Sales & Marketing, he speaks to Weekender on how things will only be great from hereon.

"As a young child, I would be fascinated by the fancy hotel stays as I travelled the world with my father who was a pilot. Hospitality came to me in full-force. I got an up-close feel to festivities and celebrations in hotels and knew this was my calling. And when it comes to The Ritz-Carlton, Bahrain, the joyous ambience is a remarkable affair as it welcomes the whole island to join the National Day and Festive Season celebrations coming this season."



Jeremy Canivet

W. You have joined at the perfect time. How do you plan to impress guests with memorable holiday festivities?

Jeremy: The team has done amazing work in the past and I know with a few tweaks here and there, this year will be bigger and greater. We will have again the grand 'the tunnel of lights' with a new design; we will have our glorious Christmas tree lighting ceremony welcoming hundreds, besides which there will be the grand brunch on Christmas day. To welcome 2019 in celebratory tunes, we will be having a Broadway New Year's theme. With an impressive culinary team, new ideas and perspective, guests are in for great surprises.

W. How do you plan to give guests a more heightened experience especially to foreign visitors?

Jeremy: We are focused on providing unique, moment-in-time experiences to discover the destination of Bahrain through the luxury lens of The Ritz-Carlton, Bahrain. One we are working to launch is a luxury pearl islander excursion and room package, which combines a Club Level stay, day of pearl diving and special chef tasting menu at our signature Plums restaurant. This is just one of the many new packages we will roll out this season to our guests.

W. Will there be emphasis on defining the property's corporate identity?

Jeremy: Fortunately we have significant corporate accounts already with many coming from across the causeway to do business but there is definitely room to grow with new business always coming into Bahrain from Europe, Russia and even newer markets for us like China. We have amazing existing and new venues and conference facilities here, which was seen most recently with the success of events like the UNESCO conference. The Masaya Pavilion, where we held Ramadan 2018, will also be re-imagined as a 1,379 square metre wedding space. This comes in correlation to offering special pre-wedding packages, targeting markets like India where our team will travel soon to create productive collaborations with destination wedding planners there and launch our new Escape Sojourn package couples planning their weddings in Bahrain.

the resort is heightening Bahrain's stance as a wedding destination



W. Of course in Bahrain, a hotel's Food&Beverage outlets are a major role player in generating revenue and brand loyalty. Do you agree to this?

Jeremy: Definitely. Having more than 11 award-winning outlets, a highly talented Chef team who are specialized in authentic cuisines, be it Mexican, Indian, Italian or Mediterranean, we are consistently evolving to always to be at the forefront of the fine dining experience here in Bahrain. . Aside from our Executive Pastry Chef Jonathan creating great works of art with his magnificent pastries and cakes for our festive season, we will be having two new chefs and new outlets very soon. Also to heighten our outdoor activities as the weather gets better, we will be adding our new Bar de La Plage with an impressive mixologist – a fairly new concept in Bahrain. We are number one in culinary excellence and service value and we intend to keep it that way.

W. However does the fluctuating economy and constant competition create a hindrance to your vision?

Jeremy: The great thing about this hotel is its wonderful reputation which is defined by its concrete relations built over the past two decades. That being said, we can't just rely on traditional market; we have to branch out and there are lots of opportunities for Bahrain as a destination as we set our eyes on international waters including the European and Chinese market. We have now started to do a little bit of digging to understand the buying patterns and the potential that can be undertaken.

Celebrations are magnified every year with the 'Tunnel of Lights'

Christmas Tree Lightning ceremony is always one of the greatest gatherings on the island

Executive Chef Jonathan



CHEF JONATHAN DOES 'THE BLACK LEMON'

The idea behind "The Black Lemon" is really very simple; I wanted to create something unique with a huge twist to a typical and very commonly used Arabic spice. I chose the Loomi as it is used almost entirely for savory dishes and I have never seen it used on a dessert plate. Mostly Loomis is used in the Middle East as a souring agent in chutneys, soups and stews, and even ground into flatbreads. The powder made from black lemons has a sweet-tart flavor that is so unique it has no substitute. The dessert itself consists of four elements the center the mousse the crust and the cake. Firstly, I made a puree of fresh mango and lime zest for the center to compliment the sweet tart lime flavor. The Next layer is the slightly sour lemon and mango mousse which is followed by a dark chocolate and powdered Loomi crust and to serve our place the lemon on the fourth element the chocolate cake.

Chef Jonathan's The Black Lemon



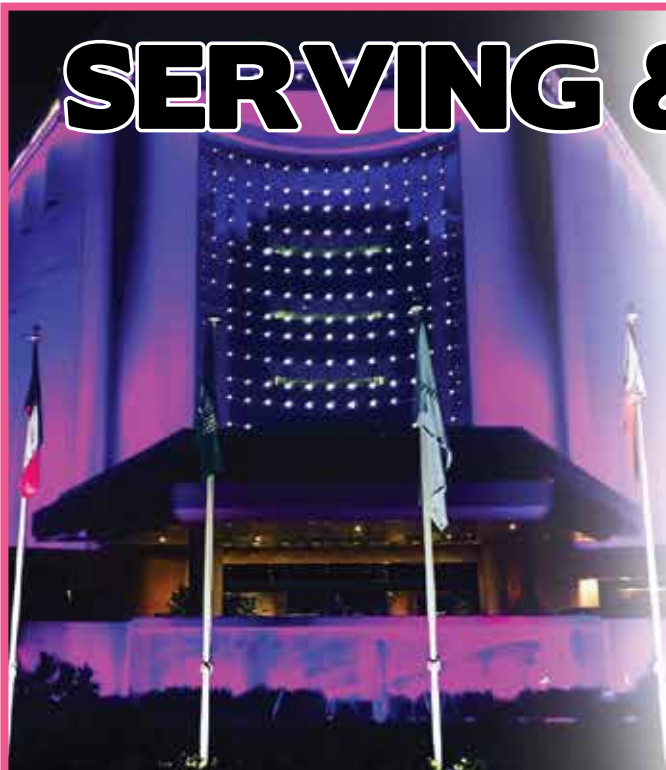
Dance the night away and make your footprints count as we groove for charity, in conjunction with Breast Cancer Awareness Month, and in partnership with American Express. The most-awaited party will feature the latest tunes by our guest DJ and a sumptuous open buffet and beverage.

BHD 25 for members and hotel guests
 BHD 35 for non-members
 15% off for American Express Cardmembers
 Thursday, October 11, 8 p.m. - 1 a.m.
 The Private Island
 Call +973 1758 6499 or email
 rc.bahrz.restaurantreservations@ritzcarlton.com

THE RITZ-CARLTON
 BAHRAIN
 Building 112, King Mohammed VI Ave. Block 428
 Al Seef District, Manama, Bahrain
 973 1758 0000

SERVING & PAMPERING IN PINK

This October, The Ritz-Carlton, Bahrain lights up in all that is pink, savory and pampering to mark the global solidarity movement for Breast Cancer Awareness month. Shining bright amidst the starry-sky, guests will find the landmark property lit up in pink as they join the citywide campaign "Manama-The Pink City". For leisure diners, enjoy a chef table menu at Primavera by Chef de Cuisine Vincenzo Nigro featuring savory dishes like the Beetroot risotto with baby beet and pan-fried goat cheese. Pink-colored desserts by Executive Pastry Chef Jonathan Challenor will also avail at the Ritz Gourmet Lounge, perfect for afternoon tea on the veranda or as takeaway cakes and desserts for special gatherings. Spa-goers can also pamper themselves this month with a special ESPA Pink Hair and Scalp Mud mask with any 75-minute or more treatment booking. The big celebration, however, will be the annual American Express Pink Island Party on October 11 featuring DJ Sabrina Terrance, buffet stalls from the resort's award-winning restaurants and more. As part of the brand's Community Footprints initiatives, the resort is delighted to partner with Think Pink Bahrain for a consecutive year. As a pledge to support the global campaign, 5% of the total proceeds raised from select food and beverage events and specials will be donated to the Think Pink Bahrain charity.



Think Pink

Four Seasons Hotel Bahrain Bay honors Breast Cancer Awareness Month with a variety of culinary and spa experiences. For the third consecutive year, the Hotel has joined forces with the local breast cancer organization Think Pink Bahrain to raise funds and awareness for breast cancer research.

PINK MOCKTAILS

Celebrity chef and world renowned restaurateur Wolfgang Puck's popular lounges Blue Moon Lounge on the Hotel's 50th floor and CUT Bar & Lounge offer guests special pink drinks Forbidden Kiss and Cracklin' Rosie, which will be available for those looking for tasty drinks combined with scenic views of the city skyline.

THINK AND ACT PINK

During the Breast Cancer Awareness month, the Hotel's employees will be offered Pink Talks: Frankly Speaking about Cancer – a series of carefully crafted talking sessions hosted by Julie Sprakel, founder and spokesperson of Think Pink Bahrain.



Complimentary heart testing for women

Majid Al Futtaim has launched its 10th regional health awareness campaign, Feel the Beat, offering complimentary cardio-health screening for women in collaboration with the American Heart Association, the world's leading voluntary organization dedicated to building healthier lives, free of cardiovascular diseases and stroke. The two-month-long campaign starting first week of September till end of October aims to spread awareness of cardiovascular disease, prevention and the importance of early detection. Cardiovascular disease is often perceived to mostly afflict men; however, Feel the Beat aims to help more women become aware of the risks to their heart health. According to a Nielsen study of women in the GCC, the top two health concerns were high-cholesterol levels and being overweight, both of which are risk factors for heart diseases. Despite heart diseases being the leading cause of deaths in the region, the perception of risk is low and warning signs are often ignored.



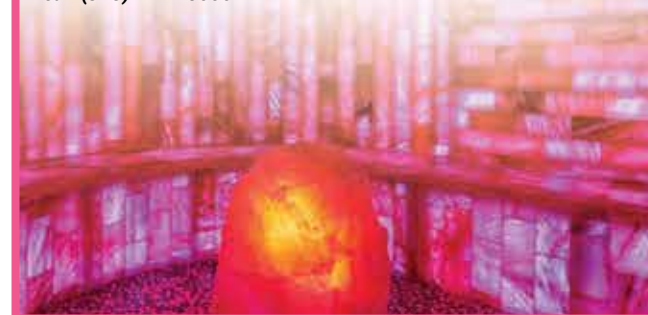
PAMPERING FOR A GOOD CAUSE

The Spa team at Four Seasons Hotel Bahrain Bay has crafted the Pink Spa Package. Guests may enjoy 10 percent savings when booking any 60-minute spa treatment followed by a 60-minute facial of their choice. When booking this package, 10 percent of proceeds will be donated to the local non-profit.

ICHECK MOBILE APP

Think Pink Bahrain has developed a friendly mobile application to help women learn how to self-examine and be able to act on any changes by seeking advice from a medical professional. The application aims to create awareness and help discover the disease at an early stage.

Visit Four Seasons Hotel Bahrain Bay all through October and support a global cause. To reserve a pink experience, call (973) 1711 5000.





Women...don't let your guard down

A look into the importance of self-defense

We live in a changing world where safety conditions can never be defined or guaranteed. Security is never static due to the fact that every day risks are always changing, therefore our personal safety must be dynamic. Criminals evolve their techniques constantly, always finding new ways to break the law or attack people, just like the recent rise in acid attacks on people with the use of normal plastic water bottles. Self Defense in a few words, is the ability to stop someone from hurting you or your loved ones. Prevention is the first part of this personal safety. We will not be able to know if the person threatening us, has a weapon, is much stronger than us or has a friend somewhere hiding that will help him to carry out the attack. So, assertiveness, awareness, state of mind, and listening to our instincts are the basis and first line of our Self Defense system, without them techniques on their own simply won't work. Elisabetta Massey, a self-defense instructor, says "The more we are prepared for the possibility of being a target the more likely we will be able to avoid that situation or able to deal with it without going into a state of fear induced paralysis." She shared more with Weekender on how awareness and combat comes in coherence and fear, a primordial instinct is there for a reason and we should use it. "Our fear system is our first emotional system to develop. For DNA to have evolved it must have put personal safety as a priority. There are things like sounds, someone walking too close to us, running behind us or a dog barking aggressively that our subconscious will alert us to. There are many of us that live our lives in comfort and never encounter dangerous situations, this can create a state of complacency."



Elisabetta Massey

Awareness of our environment, familiarity with people, and recognizing familiar sounds around us is an attitude towards daily life that helps us avoid potential danger. "When my girls sign up to my courses I always emphasize that their most powerful tool is their awareness and they should also listen to their bodies. Do they feel uncomfortable? Do they feel threatened even though the person standing in front of them is a familiar one? You should never underestimate what your body and instinct is telling you," Elisabetta said.

Here in Bahrain we are blessed by a low crime rate, however every year an army of young woman and men from different backgrounds leave the comfort of this island to go abroad for university and often it's to a place that is unfamiliar to them. Unfortunately 30% of students that come from around the globe to university face violent assaults and leave university in the first 3 months of their first year. Students should be prepared and taught to deal with things that they may potentially encounter. "They should learn how to recognize danger and deal with it.

How to use their senses and believe in their bodies when they start to experience a fear response is key. Once they've understood the importance of being alert but not paranoid then they can start to learn the techniques that they will master through constant drills. This is why I think Self Defense should be taught mandatory at school."

**FIGHT
to LIKE A ♀
GIRL**



3D makeup: Is this the future of beauty?



If there weren't enough kinds of makeup to confuse us, now there's something known as 3D make-up. Yes, that's what it's called. It's a technique that helps dramatise your best feature so that it can 'pop' and draw everyone's eye towards you.

You can transform your whole face that way (if you wish) or you can focus on one aspect of your gorgeous self. Here's a little DIY on doing 3D eye makeup. As everyone knows, the eyes are the first thing we notice about a person when we talk or look at them. If your eyes are captivating, the other person is already pulled in and the conversation will be more exciting. Here are the steps to getting the perfect 3D eye makeup or 3D makeup eyebrows, as some others call it:

Prepping your eyes

Start with a clean washed face. Use Olay Total Effects 7 In One Foaming Cleanser as it will not leave your skin feeling taut. Moisturise the face well, paying special attention to your eyes.

Hide those spots

You work hard and you party hard. Most probably that has given you dark circles around your eyes. Tackle them.

Define the eyes

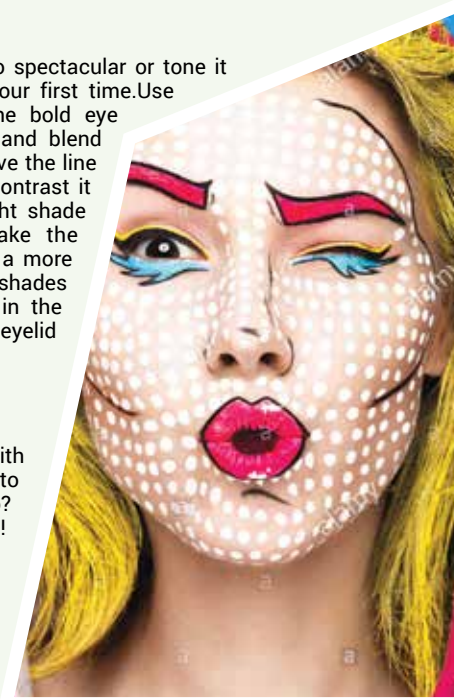
Use a dark kajal stick to trace your lower eyelid. Now take a bold dark eye shadow and dramatise the upper eyelid crease. (it's where eyelid and the skin below your eyebrow meet. You can 'shift' the crease higher to open your eyes and make them look more '3D'

Dramatic or soft?

You can choose to go spectacular or tone it down a bit if it's your first time. Use a shade closer to the bold eye shadow used earlier and blend it into the portion above the line for an intense look. Contrast it below with a very light shade and really, really make the eye shadow pop. For a more subtle look, go a few shades lighter as you blend in the colours into the upper eyelid

The sweeping finish

Add more glamour with thick mascara. Want to try false eyelashes too? Just go for it, ladies! There you go, six steps to get yourself a 3D eye makeup. Go, gorgeous; go stun the world with your confidence.



Your search for excellence is over

A review of Searching by Ahmed Zayani

I love it when a filmmaker leaves their comfort zone and tries experimentation with different ways in which to present his/her work. While I will always stand by the notion that the most important aspect of a film is the story as that is the glue that holds everything together, the overall presentation of the film is just as important. For many years, films followed a relatively straight forward approach to its end product; it was only at the end of the 1990s that we've seen new and innovative ways of filmmaking that caught us all off guard. The prime example of this is the cinema verity format, more commonly known as found footage, which was shot to the mainstream thanks to the overwhelming success of *The Blair Witch Project*. The format has gained so much steam that it doesn't seem that a couple of months go by without a new film of its liking joining the foray. While some of these entries may be good (*REC* and *Cloverfield* are the two prime examples that come to mind) more often than not they were mostly cheap underwhelming projects that got churned out without any thought or heart put into them. The format has gone through some experimentations the years, with the most recent approach of storytelling is to be done through the "screen life" technique where by the film's entire narrative is told through the advent of computer screens. My first exposure to this technique came through the Elijah Wood film *Open Window* which, despite its flaws, was a breath of fresh air. Later that year, *Unfriended* used the same technique to better results & at that point I was all in for the format and couldn't wait to what comes next.

Directed by Aneesh Chaganty, *Searching* tells the story of David Kim (played by John Cho) a recent widower and single father who, upon the sudden disappearance of his daughter Margot (played by Michelle La) must scour through her digital footprint searching for clues & leads that could shed light on her whereabouts. Between the casting of John Cho in the lead & the screen life format, I was sold on this film the moment I heard about it. Despite that, I was still blown away by how good of a film *Searching* really was. For one thing, the novel concept paired beautifully with the narrative at play here. By utilizing different screens and apps, the filmmakers were able to properly convey David's struggle with his situation. It showed us the effects that social media can have on someone in that situation, not only in an adverse way but in positively as well. I do think that the story by Chaganty and Sev Ohanian could've worked as well as a more traditional feature but this new format added so much to the overall production. The film also benefited from having a wonderful cast to play with. This was John Cho's film through and through and the man carried the ball like a pro. The range of

emotions that he put into this character felt very authentic and realistic. Cho has really come to his own over the past few years with him usually coming off as the most memorable member of whatever production he is apart of. Honestly, who would've thought that out of all the key players to emanate from American Pie that it would be the MILF guy who has the best overall career? I certainly didn't. In addition to Cho, Debra Messing really impressed me in her role as the lead detective on the case, as did Michelle La as the missing Margot. Both actresses gave layered & nuanced performances that would've faltered in the hands of lesser performers.

If I was to nitpick, I would say that given the unique format of *Searching* that this film is not for everyone. During my screening, there did seem to be a few people who were noticeably upset, some of whom walked out. But personally I had no issues with the format and if anything it added to my enjoyment of it. As it stands, *Searching* is one of the best, if not THE best films of 2018. It's smart, innovative, and thrilling. Why this film isn't playing to a wider audience is anyone's guess. -



THE FIVE

Favourite Found Footage Films

1. *The Blair Witch Project*
2. *The Sacrament*
3. *The Visit*
4. *REC*
5. *Project X*

Verdict: 10/10

For more cinematic intel, follow Ahmed @theahmedzayani



YOUR WEEKLY GAMING INTEL WITH BARAA

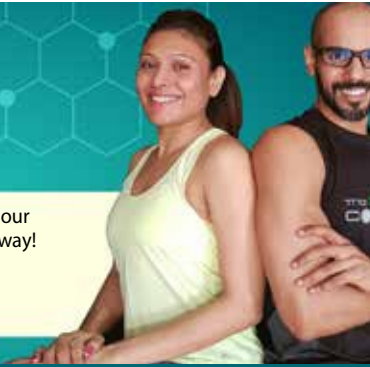
All you people out there who have been often ridiculed for playing too many video games, now it's to time to answer all your critics. Studies have found that playing video games train the person to swiftly take the correct decisions. Video gamers are also found to be better in multitasking, driving and navigating around the streets.

for more interesting bits from Baraa, tune into [@baraaabdulla](#)

Weekly wellness with Sonia and Mo

Weekender teams up with Coaches Sonia and Mo who are here to help our readers on their journey to good health, but in a fun and more realistic way!

Find out more about them at www.thehealthyconscience.com



SINCE YOU ASKED...

Something troubling your mind? Need some professional guidance? Weekender has collaborated with the finest specialists in town, who shall help in answering your doubts and queries, ranging from relationships to anxiety, trauma, career, health and a whole bunch more. Send your question to editor@weekender.bh (Pseudonym can be used) and our expert will get back to you with the best approach to your problem.



Hello Madame Anita,

I have two grandchildren who live in Philippines; earlier my daughter used to visit us often in Bahrain but now as the children are growing older, she doesn't visit much saying the schools are affected and now it is hard to bear the travelling costs on a regular basis. I am an aged woman and I cannot travel as often myself, yet I miss them terribly and don't know what to do about this situation. Please help and guide me.

Thanks

Dear Inquirer,

When we think about life of an expatriate, normally we associate it with an adventure (that for some prolongs to many years), better life, well paid job, international social group and many more. And all these aspects are quite accurate. We shouldn't forget though that in order to lead such a good life, we need to pay the price: leave family, friends, co-workers and all favourite places behind. The new environment often keeps us occupied, we make many new friends, but sooner or later we do start missing the ones back home.

In the beginning we make video calls, text each other and go back home whenever it's possible, but if this chapter of the life abroad continues, we tend to start rooting there, making it our new home. And then, yes, it may become a challenge to keep family bonds strong.

I can imagine how the separation from your daughter and grandchildren makes you feel. But someone said once that 'It's not the distance that separates people. Silence does'. I strongly believe that daily communication, no matter if it's just a text message asking how you are or a proper phone call, brings people together. Nowadays in many countries the pace of life is so fast, people have such busy schedules that see their relatives once in a while only, even when living in the same area.

Perhaps considering this will help you find the answer to your question. We can't deny the facts: flights from Philippines last around 10 hours, the tickets are pricy as well (and the older the children, the higher the price) and attendance at school often contributes to their overall results. So I'm under impression it is not your daughter's lack of motivation to visit Bahrain, but the sad reality. Talk to her about your perception of this relation, at the same time avoid making her feeling guilty. You are struggling with loneliness and homesickness and there is nothing wrong in expressing these emotions and expecting certain understanding. It is quite possible your daughter only needs a reminder to give you more attention and then together you can construct a plan how to keep your relation as warm as possible. Brainstorm the ideas of how you could maintain contact with each other. Some people have meals at the same time with video calls at the table, which can create the impression of actual family gathering. Others choose the time of the day, like commuting to work or bedtime to ring their relatives. Social media and posting pictures could help, too. Last but not least, making sure that the most important time of the year (e.g. religious holiday or leave) are spent together gives us something to look forward to. I know it may seem like not so much time, but at least then let's make sure it's quality time.

On a final note I'd add a tip that applies to all the expats, no matter where they settle. Surround yourself with people and make new friends. Sooner or later you will realise that even though they will never substitute your actual family, they will become a new one, which means they will be there for you in moments of happiness and sorrow, they will understand you better because they'd know the reality you live in. So appreciate these people who cross your path on a foreign land, at the same time remember to stay with your dearest ones back home.

Don't just sit there

With so many advances in technology, our lifestyles are changing, and as a result, we're spending a lot more time sitting down – also called 'being sedentary' – at home, at work and while travelling.

When you think about our daily routine, once we get up in the morning, we: sit down to have breakfast, sit down in the car on the way to work, sit down at work all day, drive home, eat dinner sitting down, and then sit on the couch to watch tv or surf the internet. That's a lot of sitting down.

So why is this a problem?

Research shows that time spent sitting can lead to:

- Being overweight or obese
- Unhealthy blood-sugar levels and type-2 diabetes
- A greater chance of heart disease
- Musculoskeletal issues like spondylitis
- Deep Vein Thrombosis (DVT)

In fact, it's been shown that if we watch less than two hours of television a day, we can reduce the likelihood of developing these risk factors listed above.

But I go to the gym...

Research shows that even if you are "physically active" (which means you do 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week), you can then further increase your health benefits by sitting less during the day.

But I'm pretty active, aren't I? ... Are you really?

Let's say you sleep eight hours per day, the remaining 16 hours are typically filled with domestic and work duties.

Have a look at this example.

- 7.00 am exercise: 45 minutes
- drive to work: 45 minutes
- work on computer: 4 hours
- eat lunch: 45 minutes
- work on computer: 4 hours

- drive home: 45 minutes
- eat dinner: 30 minutes
- watch tv/read/computer: 3 hours
- 11.00 pm bed.

Total time sitting: 13 hrs 45 mins.
Breaking it up and sitting less

Research suggests that no matter what your total sitting time is, regular interruptions from sitting (even just by standing up) may help to reduce your risk of developing heart disease and diabetes.

Sitting at a desk or driving can be a large part of work routine. So here are some simple ideas of how you can sit less and move more throughout the day.

Let's get those legs to work!

Sit less, stand up and move more throughout the day

It may not sound like much, but breaking up sitting time makes a big difference. Try adding these simple activities to your day:

- stand up at least every 30 minutes when ever you can
- regularly change posture
- move your arms and legs
- stretch
- walk around.

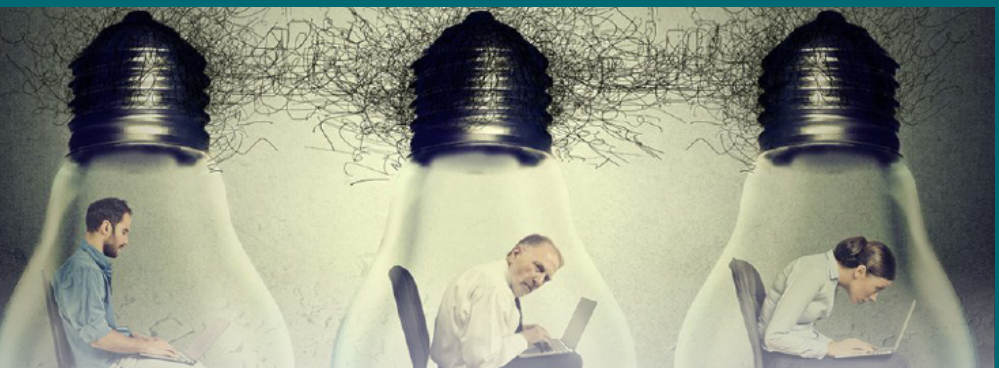
At work

- take short regular breaks from sitting
- stand up to use the phone
- think about using your feet first and walk to see colleagues instead of emailing
- stand up at meetings
- have walking meetings
- if you have to sit down for long period change posture often and move and stretch muscles
- alternate sitting and standing to avoid sitting or standing up all the time.

Even standing up for as little as a minute may help lower the health risks.

At home

- change posture often if you are using a computer or watching TV
- stand up every 30 minutes or so
- stand up and move during the ad breaks.



EVERYONE IS A WINNER

With Weekender

WIN Six Movie tickets!



Send your answers and your picture to win@weekender.bh

▶ Let us know in one sentence: What does the leading weekly of Bahrain 'Weekender' mean to you?

*Three lucky winners, 2 tickets each

Win Four Optics Vouchers!



Ehsan Optics care for your precious eyes and are offering you a 10 BD voucher which you can spend on whatever you like!

▶ Name the movie reviewed this week? (See Page 6)

*Three lucky winners, 2 tickets each

Win two tickets to Adhari park!



Win an exciting day with a friend in one of the most joyful parks in Bahrain.

All you have to do is solve the riddle below and send your entry to win@weekender.bh

▶ What room do ghosts avoid?

Win Karting Tickets

Want to win 2 Karting Tickets from a very popular venue?

▶ Share in less than 100 words- what is the one thing you wish Bahrain had and why?



Win Beauty Care Vouchers



Get yourself pampered and look flawless with the best beauty treatment and products. Win yourself 2 exciting vouchers from the very popular 'German Skin Care'. Simply:

▶ _____ is one of the titles released this week. (See Page 8)

▶ The Ritz-Carlton, Bahrain will turn the Masaya Pavilion into a permanent _____.

*Two lucky winners, 2 tickets each

Win Bowling Tickets

Ensure a great weekend by winning two bowling vouchers for one of the best alleys in town.

Simply share with us what is your favourite segment in Weekender and one thing you'll like to see in your favourite weekly.



Send your answers to win@weekender.bh



Scan the code to see the list of winners

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