



Feb 10, 2015

## **‘Walk A Mile for a Better Life’ in Al Ain University**

"Walk a Mile for a Better Life" is the title of the event launched by the Al Ain University of Science and Technology, which included the participation of the whole family of members of the academic and administrative bodies and students walked a mile (1.6 kilometers) inside the university's campus in Al Ain. This initiative comes from the university administration that believes sports, and especially walking, has many benefits of maintaining a healthy body and the prevention of many diseases. The AAU Chancellor, Dr Noor Aldeen Atatreh, the AAU President, Dr Ghaled El Refae as well as the Deans all participated in the walk.

Dr Noor said that the university is working on promoting awareness of the culture of a healthy mind in a healthy body between its staff and pupils for their protection for the body from cardiovascular stress, diabetes, coronary artery disease, and added that the latest scientific research has proven that walking for 30-60 minutes a daylight, five days a week prevents all these diseases and gives body vigor and energy throughout the day.

Accompanied by the ‘Walk a Mile for a Better Life’ are blood drive tests, fats, water and muscle measurement in the body so one can determine the shelf life of his/ her body weight and body mass. At that place was also osteoporosis examination and testing of nicotine with some advice and guidance to all staff, pupils and members of the academic and administrative bodies. The medical clerics distributed brochures, provided advisory, awareness and answered the questions of medical considerations.

[Press Release Link](#)