

MODA Mall encourages the local community to embrace a healthier lifestyle
Extends a helping hand to Bahrain Center for International Mobility

Manama, Bahrain, May 2018: Engaging the local community in a healthy lifestyle event, MODA Mall hosted fitness and health check-up sessions in collaboration with Gulf Diabetes Specialist Center and tenant partners, Fitness First and Healthy Calorie. Focusing on how people can live healthier and make better active choices, the 'Healthy Lifestyle' event presented a fun and interactive platform for the mall visitors, corporate and retail tenant partners, and the media, to live healthier through expert advice and useful tips.

A 3-km walkathon led by qualified trainers from Fitness First along with warm-up sessions kicked off the 'Healthy Lifestyle' initiative. This was followed by a host of exciting work-out sessions including Body Balance and Zumba over the course of the day. Coinciding with the physical activity sessions, the participants were also treated to a nutritious breakfast organised by MODA Mall's tenant partner, Healthy Calorie, highlighting how the right diet and exercise can help you become fit.





Alongside the fitness sessions, the mall also took the lead in educating the local community on Diabetes, its early detection and preventive care through free medical tests and screenings organised in partnership with Gulf Diabetes Specialist Center. This included free counseling and health check-ups for blood sugar, blood pressure, weight and height, body mass index (BMI) and Glaucoma screening tests for all participants of the Healthy Living event and mall visitors.

The day also witnessed the Bahrain Centre for International Mobility highlighting its various community-driven initiatives and projects that have successfully engaged people with disabilities and supported them in pursuing better lifestyles. Furthermore, MODA Mall extended a financial contribution to the Bahrain Centre for International Mobility acknowledging their ongoing efforts in providing social rehabilitation and services to the disabled in Bahrain.

Bahrain World Trade Center and MODA Mall's managing agent, Cushman & Wakefield Bahrain, Kelvin Crutchlow, Director & General Manager said, "We are pleased to extend our support to various social causes and charitable activities across the Kingdom and create a dialogue amongst the community about tackling health issues.

With this being our first health-focused event, the participation we had today reaffirms our belief that people are conscious of their health and are willing to invest their time in physical activities and regularly exercise, which are essential to living healthy."

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For further information, please contact

Memac Ogilvy: Pooja Rekhi-Sharma at +973 17561723 or pooja.sharma@ogilvy.com