A CELEBRATION OF
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FEBRUARY 10, 2015
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Today, Qatar is celebrating its fourth National Sport Day. The event is part of Qatar’s vision to help institutions promote sport, physical education and sustainable development in the community. The event aims to create awareness about sport and its health benefits. The National Sport Day celebrations first began in February 2012, after H H Sheikh Tamim bin Hamad Al Thani, the Emir of Qatar, issued a decree on December 2011 announcing that a national sports day would be held on the second Tuesday in February, every year.

The Qatar Olympic Committee (QOC) is calling upon every man, woman and child to come alive with sport today, and be a part of the biggest ever National Sport Day, with events planned across the country.

From cycling to swimming, football to basketball, tennis to taekwondo, countless free sporting sessions, accessible to all, will be taking place throughout Qatar as the celebrations to highlight the importance of healthy living reach a new peak. Building on the outstanding successes of previous years, Qatar National Sport Day 2015 is set to bring the country even closer together through activity, leaving a lasting legacy for the local community.

Based on the sporting principles of inclusion and unity, participation and fun, fitness and health, National Sport Day has cemented its status as one of the highlights of Qatar’s community, sporting and national calendars. This year’s National Sport Day is set to be the largest and most widely celebrated day of sport ever witnessed in the country. Kick-starting the festivities were the opening of Qatar Olympic Committee’s specially-built Sport Village, near Doha’s main post office, last Wednesday. The Village offers people the chance to play various sports such as basketball, handball, table tennis, shooting, volleyball and soft tennis.

“National Sport Day, and the QOC’s Sports Village in particular, is a great opportunity for women and girls to give sports a try. There could be some very talented girls out there who haven’t yet fulfilled their potential and this is their chance to discover new sports. Even if professional sports are not of interest to you, participating in sports regularly is a fun-filled way to maintain a healthy lifestyle and Qatar offers so many opportunities to do so all year round, not just on National Sport Day,” said Qatar’s up-and-coming young female athlete Mariam Farid, a member of the Qatar’s National Athletics team.

Central to the ongoing success of National Sport Day 2015 will be the involvement of elite Qatari athletes as ambassadors. Along with the extensive sporting events across the country, National Sport Day will also focus on Qatari culture.

Aspire Zone Foundation is also gearing up to receive thousands of sports lovers from across Qatar. Aspire is planning to celebrate this year’s National Sport Day with a full programme of events for people of all ages to promote a lifestyle of health and well-being among all community members.

Twenty-four organisations and companies will mark National Sports Day at Aspire’s facilities with a series of public and private events aimed at encouraging their employees and their families to engage enthusiastically in sport activities.

The Peninsula is bringing you this special supplement to “celebrate sport” and be part of this historic event. Let’s all participate in this happy occasion and take this initiative forward by adopting a healthier lifestyle and love for sport.
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Sports Village gets grand response

The Qatar Olympic Committee (QOC) inaugurated the Sports Village near Doha’s main post office on February 4 as part of the festivities around Qatar’s biggest ever National Sport Day.

The Sports Village has received an overwhelming response from the public. People from different nationalities, age groups, families and youths were seen enjoying various sporting activities at the village near Corniche.

The festive crowds were seen playing table tennis, soft tennis and volleyball. Friends competed against each other in the shooting range and people even received health tips and medical services.

Several cultural programmes were also organised.

The village contains a number of sections for different sports like table-tennis, volleyball, basketball and a boxing ring. The village also includes a large parking space. The sports village has recreational games available for children so that the family can enjoy doing sports as well.

Sheikh Hamad bin Abdulaziz Al Thani, the Sport Village Media Director, called on all community individuals to participate in the village’s programs in effort to improve their health and lifestyle.

Likewise, QOC Assistant Secretary General for Administrative Support, Mishaal Al Khalifa, appreciated the public response to the village and expected more people in the upcoming days.

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Last year’s BeFit programme winner Emad Asad (left) plays a game of table tennis at the Sports Village near Doha’s main post office. RIGHT: The Qatar Olympic Committee’s Assistant Secretary General for Administrative Support, Mishaal Al Khalifa, tries his hand at shooting at the Sports Village.
24 organisations to mark Sports Day at Aspire Zone

Aspire Zone Foundation managed, through its exceptional venues and world-class logistical and organisational capacities, to attract 24 major organisations and companies in Qatar to mark this year’s National Sport Day throughout its sporting facilities that are spread over a total area of 2.5sqkm.

Fourteen companies and organisations are planning a wide range of activities for members of the public. This includes Lekhwiya, Maersk Oil, Action on Diabetes, Al Ta’adhod Group (GREE Air Conditioners), Qatar Football Association and others. Ten other organisations and companies will organise activities for their staff members and their families.

The Peninsula

Doha Film Institute’s Pop-Up Cinema screens Rocky for Sport Day

To celebrate National Sport Day on Tuesday, Katara Cultural Village and Doha Film Institute will present a free screening of the classic 1976 sports film Rocky, starring Sylvester Stallone in his most iconic role.

The film will be screened at Katara’s Marina Park Area (next to Katara’s Main Entrance and St.Regis) at 7pm.

The film is the story of Rocky Balboa, a down-and-out club fighter from the mean streets of Philadelphia who gets an unlikely shot at the world heavyweight championship when he takes on reigning champion Apollo Creed. The irresistible story of a boxer who gives his all in the ring won the Academy Awards for Best Picture and Best Director in 1976 and catapulted Sylvester Stallone to superstardom.

The National Sport Day is held with the main objective of promoting a healthy lifestyle among Qatar’s population. The Gulf nation is one of the few nations to dedicate a day for sports. The screening is part of the Doha Film Institute’s ongoing Pop-up Cinema, a series of free outdoor screenings for film-lovers in Qatar, taking place throughout the cooler months and featuring the institute’s signature mix of specialty film programming and unique cultural events.

The film is in English and will be presented without Arabic subtitles. For more information on Pop-up Cinema dates and timings and other Doha Film Institute screenings and events go to www.dohafilminstitute.com.

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Maersk Oil Qatar (MOQ), the country’s largest offshore oil producer, and members of the Action on Diabetes (AoD) partnership are once again joining forces on Qatar’s National Sport Day.

This year, their National Sport Day event will be themed around health and safety in sports. The event, which will host employees and families from Maersk Oil, AoD partner organisations and members of the general public will offer diabetes screening, consultation and a range of sports and fitness activities at Aspire Park.

National Sport Day promotes the benefits of health, fitness and wellbeing on both an individual and societal level — an important component of the Qatar National Vision 2030.

Sheikh Faisal bin Fahad Al Thani, Deputy Managing Director at Maersk Oil Qatar, said: “This year we are using National Sport Day to highlight the importance of sports as part of a healthy lifestyle, encouraging participants to get screened for diabetes, and also promoting safe, incident free, participation in sports activity. Qatar’s National Sport Day is the ideal occasion for us to encourage all our employees and visitors to participate in physical exercise. We are very pleased to contribute towards building a healthier Qatari nation which is a significant part of achieving the Qatar National Vision 2030.”

Dr Abdulla Al Hamaq, Executive Director of Qatar Diabetes Association, said: “We are grateful to the Aspire Zone management for allowing us to use their world-class venue for the fourth year running. The Action on Diabetes partners all share a similar ambition to inspire and support the people, residents and visitors of Qatar to lead a healthy and more active lifestyle.”

In 2014, Action on Diabetes screened more than 20,000 people for diabetes and supported local health care authorities with research, education and awareness campaigns intended to help lower the prevalence of diabetes in Qatar. The AoD diabetes screening bus will be present in Aspire Park on National Sport Day to continue its great work.

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### 20 Healthy Eating Tips

<table>
<thead>
<tr>
<th>Number</th>
<th>Tip</th>
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<tbody>
<tr>
<td>1</td>
<td>Choose low sodium, low-fat foods that are low in sodium and contain high levels of vitamins, minerals, and carbohydrates.</td>
</tr>
<tr>
<td>2</td>
<td>Eat lunch and dinner. Four or five small meals throughout the day are better than one or two large meals. By consuming your calories evenly throughout the day, you will maintain a balanced blood sugar level and reduce energy intake, avoiding sugar highs and lows.</td>
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<tr>
<td>3</td>
<td>Choose healthy snacks. Fruits, low-fat yogurt, nuts, fresh vegetables, and whole-grain breads are all great snacks. Snacks should be balanced with a mix of protein, fat, and carbohydrate-containing foods.</td>
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<tr>
<td>4</td>
<td>Limit alcohol. To prevent negative consequences like heart, chronic illnesses, and childhood obesity, limit your alcohol intake.</td>
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<tr>
<td>5</td>
<td>Check food labels. All food products should be checked before purchase. If you recognize the ingredients—such as flour, sugar, salt, and fats—then the product is likely healthy.</td>
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<td>6</td>
<td>Colour coordinates. Colour codes are on all food labels to ensure healthy eating. Colour codes like green, yellow, and red indicate the nutritional value of the food.</td>
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<tr>
<td>7</td>
<td>Choose low added sugars, low-sodium, low-calorie, and low-fat foods.</td>
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<tr>
<td>8</td>
<td>Don’t forget fruits. Fruits are high in fibre and rich in nutrients, such as vitamin C, potassium, and antioxidants.</td>
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<tr>
<td>9</td>
<td>Get cooking. Add protein to your meals for a quick, healthy meal. Add fruits and vegetables to your meals for extra nutrition.</td>
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<tr>
<td>10</td>
<td>The spice of life. Add herbs and spices to meals for both flavour and nutrition. Where possible, use fresh herbs as these contain more nutrients than the dried versions.</td>
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<tr>
<td>11</td>
<td>Get healthy fats. Avoid saturated and trans fats, but consume unsaturated fats and fatty acids, which are found in foods such as bananas, salmon, and avocados.</td>
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<tr>
<td>12</td>
<td>Full means ahead. A full meal means that you are satisfied, but it also means that you have eaten too much. Eating a full meal means that you have eaten too much. Chain restaurants like McDonald’s use artificial food products and their high sodium content keeps you feeling full but not healthy.</td>
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<tr>
<td>13</td>
<td>Wash your hands. Wash all fresh, vegetable, and meat items thoroughly before eating to remove possible residues.</td>
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<tr>
<td>14</td>
<td>Get cooking. You don’t need to be a Michelin Star chef to cook. Simple healthy meals will make you feel good on balance and energy levels.</td>
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<tr>
<td>15</td>
<td>Crack up. Snacks and healthy meals can be fun, and they don’t have to be a hassle. Choose a recipe that you like and enjoy cooking it.</td>
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<tr>
<td>16</td>
<td>Choose water. Drink water and avoid sugary drinks, as they can cause feelings of hunger, cause overconsumption and weight gain.</td>
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<tr>
<td>17</td>
<td>Clean your plate. The digestive process begins in your mouth, where changes in your body and digestion are often the first signs of a healthy diet.</td>
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<tr>
<td>18</td>
<td>Nutritionally dense. Foods that are nutrient-dense contain more vitamins and minerals, and are low in carbohydrates and fats.</td>
</tr>
<tr>
<td>19</td>
<td>Read a shopping list. If you know where you want to shop, it will make it easier to make healthy choices.</td>
</tr>
<tr>
<td>20</td>
<td>Think! You are what you eat. Take the time to choose the right food choices.</td>
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Tips for raising healthy children

Many parents today face the challenge of raising children who are healthy and happy. However, in today’s fast-paced world, adopting healthy habits can be difficult. Here are some tips to help you raise healthy children:

1. **Encourage Healthy Eating**
   - Introduce your children to a variety of healthy foods early on. This will help them develop a taste for healthy foods.
   - Avoid giving them sugary snacks and drinks, as these can lead to weight gain and other health problems.

2. **Regular Exercise**
   - Encourage your children to be physically active. This can be done through outdoor play, sports, or dance classes.
   - Make sure they get at least 60 minutes of physical activity per day.

3. **Good Sleep Habits**
   - Ensure your children get enough sleep every night. This is crucial for their overall health and development.
   - Establish a regular bedtime routine to help them wind down before bed.

4. **Limit Screen Time**
   - Set limits on the amount of time your children spend on screens. This can help prevent eye strain and encourage more active play.

5. **Stress Management**
   - Teach your children stress management techniques such as deep breathing or meditation.
   - Encourage them to express their feelings and talk about their concerns.

6. **Teach Good Hygiene Habits**
   - Teach your children good hygiene habits such as washing their hands regularly and brushing their teeth twice a day.

7. **Encourage Reading**
   - Reading helps children develop a love for learning and can improve their vocabulary and comprehension skills.

8. **Set a Good Example**
   - Children learn by imitation. Set a good example by eating healthy foods and exercising regularly.

Remember, raising healthy children requires effort and consistency. By implementing these tips, you can help ensure your children grow up strong and healthy.
As part of Aspire Zone Foundation’s festivities for National Sport Day, Aspetar, through its leading Healthy Lifestyle Programme (HLP), will join in the celebrations by offering the public the opportunity to become more active. ‘The 5000 Steps Journey’ is being organised through the popular Step Into Health (SIH) programme, which promotes walking as a form of physical activity for a healthier lifestyle. Many exciting activities will take place at Aspetar during National Sport Day at Aspire Park and ‘The 5000 Steps Journey’ will take place from 1pm to 4pm, right after the Fun Run.

The activity will target families, adults and kids. Attendees will be invited to walk on a clearly outlined walking route in order to achieve the 5000 steps, which is about 40 minutes’ walk.

At the start of the route the adults will receive a Walking Booklet while the kids will receive an Activity Sheet, in which they will need to collect all 12 stamps (for adults) and stickers (for children) being handed out by volunteers along the route. Once they have received all the stamps/stickers, they will be able to proceed to the giveaway station to collect their well-earned reward.

As part of the celebrations of Qatar National Sport Day, Aspetar will also organize an Award Ceremony for the winners of the Step Into Health in Workplaces Walking Challenge, an initiative that promotes an active healthy lifestyle for office employees, and which currently involves Aspetar, Qatar Petroleum, Meza, Ras Laffan Power Company, the Supreme Council of Health, Al Jabor Cement Industries Company and Qatar First Bank.

The organisations were invited to promote walking and a healthy lifestyle amongst their staff two months ago, and were also asked to join an internal walking challenge to keep them motivated. The ceremony will take place right after ‘The 5000 Steps Journey’ at 4pm, when the participating companies, their active employees and those who achieved 10,000 steps or more will be awarded for the steps they collected during the challenge event.

Commenting on the event, Abdulla Al Buflasa, Senior Health Promotion Officer at Aspetar, said: “It is a great pleasure to celebrate Qatar National Sports Day with the Qatari community and the Step Into Health members, and I would like to invite all of our community to walk for a healthier and more active lifestyle. I would also like to congratulate Aspetar, Qatar Petroleum, Meza, Ras Laffan Power Company, the Supreme Council of Health and Qatar First Bank for offering their employees the chance to become fitter and more dynamic. I look forward to involving more companies in this initiative, and to further promote employees wellbeing”.

Step Into Health is a dynamic programme initiated by the Aspire Zone Foundation (AZF) under the supervision and management of the Healthy Lifestyle Programme of Aspetar. The programme promotes the concept of a holistic health change to engage the people of Qatar in a self-managed lifelong programme based on a moderate amount of daily physical activity, encouraging each person to walk 10,000 steps or more a day in a non-competitive, recreational and social approach. It is a multi-interventional programme using tools to set targets for physical activity and nutrition, and can help individuals monitor their performance by joining an online programme to make lifestyle changes and become fitter and healthier.
The Qatar Olympic Committee (QOC) has announced that some of the nation’s best athletes will be at the Sport Village near Corniche on National Sport Day to take part in the activities with the public.

Children are encouraged to pass by the Sport Village on National Sport Day and see the Qatari sporting stars practice their trade first hand. Over 10 national federations are offering free activities and entertainment for every age and fitness level and star athletes will interact with the public from 10am on Tuesday.

The Sport Village is open from 3pm to 10pm daily until National Sport Day on Tuesday, when it will be open from 8am-10pm.

Since its inception in 2012, National Sport Day sees innumerable activities across Qatar for all ages and aims to give the people of Qatar an opportunity to kick start a future of healthy living. The Sports Village is once again the main hub of activity in Doha, ensuring the whole of Qatar can celebrate sports together in a festive atmosphere.

The village will allow everyone to see and learn basic skills from the best of the best in numerous fun-filled sports, including handball, basketball, boxing, golf, paralympic athletics and football, while providing fun and games for the entire family.

Sheikh Hamad bin Abdulaziz Al Thani, Head of Media at the QOC, said: “We are very excited to have the nation’s best athletes at the Sport Village on National Sport Day. Our stars will put on thrilling demonstrations of their skill, introduce the public to new sports and give training tips to all abilities. We hope that this will inspire a new generation of sporting heroes and encourage all of Qatar to try new sports, meet new people and take steps towards leading an active and healthy lifestyle.”

With Qatar hosting a multitude of sports events over the next several years, including the recent Handball World Championships, as well as the World Boxing Championship and International Paralympic Committee (IPC) Athletics World Championships in October, the public will have the chance to come down, learn more about these sports and try them out first-hand.

Ahmed Al Mutawaa, one of Qatar’s star golfers, said: “It is always a pleasure to help children get a better understanding of golf. We hope our demonstrations and expertise will inspire the next generation of Qatari golfing stars. After another massively successful edition of the Commercial Bank Qatar Masters this year, I cannot wait to see more of our own athletes competing in international tournaments, and trying out golf in the Sport Village could be someone’s first step to sporting glory.”

In addition to the plethora of sporting, recreational and cultural activities on centre stage at the Sports Village, this year’s BeFit program winner will also be announced. Emad Asad, last year’s winner of the BeFit program, said: “My life has been completely transformed since starting the BeFit program. I weighed 138kg on the 2013 National Sport Day, and now I have maintained my weight at 75kg. It’s not just about the number on the scale though, exercise has become an integral part of my daily life and I am now much healthier than I have ever been before. I hope everyone taking part in the activities at the Sports Village walks away with a new love of sport as the benefits are invaluable.”

Featuring the traditional Al Shawahef Rowing Championship and the legendary sport walk, as well as the biggest ever line up of free events, 2015 is set to be the largest and most widely celebrated day of sport ever witnessed in the country.
To get a decent body, you don’t need to live in the gym or spend long hours sweating it out on complex workout machines. These are simple routines that you could do in your living room and still have a physique that looks gym worked. Actor Arnold Schwarzenegger, who is worshiped by bodybuilders over the world, recommends these exercises, and even says it’s good to start off with two to six months of basic freehand exercises as they build the base that will allow you to move up a level in training without burning out or getting injured.

**Pull-up**

The pull-up is a very effective exercise as it works on multiple muscle groups in your body. The interesting bit is that all these muscles are very visible. So, when you attempt these, the effect is there for all to see.

It works on muscles including the lats (back), arms, shoulders, abdominals, pelvic floor and forearms.

**Technique:** On a pull-up bar, grab with an overhand or an underhand grip. Then, pull your body until the chin clears the bar. Finish by lowering the body until arms and shoulders are fully extended. Repeat.

**Leg Raises**

This exercise covers your lower body, excluding calf muscles and helps majorly with your abdominals. Besides, there are variations like bent-leg raises, hip raises and calf raises that can be done to target hips and calves.

**Technique:** Lie on your back and place hands to sides or under lower back for support. Slowly raise both your legs and focus on the abdominal muscles. Raise them until they are completely straight, and slowly release. Also, feel the stretch when you do so.

**Sit-ups**

This tones and shapes your upper abdominal muscles and hips. While it is similar to the crunch, it has more range and helps with thighs as well.

**Technique:** Lie with your back on the floor and cross your arms on your chest. Slowly raise your back until your entire upper body is off the floor, and slowly return to the lying position.

You can increase the intensity by doing inclined sit-ups, where you start the
Six interesting wellness gadgets

Wearables such as fitness trackers and sleep monitors are increasingly gaining popularity among fitness freaks. This year, expect to see more of these connected devices as the category evolves. Here are six interesting wellness gadgets we’re looking forward to...

**Myskin Oku**
Most health trackers focus on your body but this one is a unique gadget — it takes care of your skin. MySkin’s Oku is a cubical gadget that scans your skin via multi-spectral light and sensors and works in conjunction with an app that analyses the skin for moisture, oiliness, texture, wrinkles and pigmentation. The accompanying app then makes lifestyle and diet recommendations for healthy skin.

**Activité Pop**
The Withings Activité Pop looks fun and trendy, just like any other watch targeted at the youth. But inside, it’s a health-focussed gadget that tracks your steps, calories, distance covered, analyses your sleep and even comes with a silent alarm. It’s waterproof up to 150ft and doesn’t require any charging. The best part about the watch is that it doesn’t look like a geeky gadget.

**SmartMat**
Taking yoga to the next level, the SmartMat includes a mat that detects the body’s balance and alignment in more than 62 yoga poses and an app which creates a personal profile to track your progress. Users of the mat will be able to download yoga lessons from an online marketplace.

**Misfit Shine**
Misfit Shine can turn into a bracelet, a pendant or a small gizmo that you can carry in your pocket or shoes and socks, thanks to different accessories the company offers. It can track steps, calories and distance for all your activities, including walking, running, swimming and cycling. It also monitors sleep and lets you create a food journal through the accompanying app which works with smartphones. It can even act as a watch. The app has a battery life of six months.

**Parrot Zik Sport**
Parrot’s new sports-focussed wireless in-ear headphones are sweat resistant; they track the user’s heart rate via a biometric sensor. They can analyse your running style, ground contact time and vertical oscillation and synchronise performance with sports apps. The headphones feature adaptive noise cancellation and come with an app for controlling sound.

**Smart Pedal**
French startup Connected Cycle recently unveiled the Smart Pedal, one that tracks the biker’s trips and vital stats and alerts the bike owner if the bike is moved. It lets the owner track the current location of the bike and where it was last parked. The pedal records the speed, route, incline, and calories burnt on every single bike trip and sends the statistics online. It also generates its own energy and uses its own Internet connection. There’s no need to carry your smartphone during trips.
How much sleep do you need stay healthy?

Just how much sleep should you and your kids get? Experts say the answer is vital to your health and wellbeing. The old rule says eight hours a night is best. But in fact it depends largely on your age. A new report from the US-based National Sleep Foundation illustrates the wildly varying amounts of shut-eye we need.

While someone 65 and over can get by on as little as five hours a night, a newborn baby may need as much as 19 hours a day. And scientists warn that consistently ignoring guidelines can lead to conditions including obesity, heart disease, cancer and diabetes. Here’s a breakdown of the ideal night’s sleep, whatever your age...

Newborns: 0-3 months

It seldom seems like it to frazzled new parents but their bundles of joy spend more than half their early months snoozing. The ideal amount is 14 to 17 hours a day, though some need only 11 and others up to 19.

And boy do they need it. In the first few months of life sleep releases growth hormones crucial to physical development. And babies are still learning while asleep. Dana Byrd, who wrote a Florida University report on how infants absorb what’s going on around them, said: “They are better learners, better ‘data sponges’ than we knew.”

Infants: 4-11 months

After four months your cherubs should have finally started to establish a sociable sleeping pattern that won’t leave you feeling permanently jetlagged. They take naps less often and sometimes sleep in one block through the night. Ideally they will have 13 hours, though they can get by on 10.

Babies still need more sleep than adults because their immune system is just starting to evolve and sleep provides the fuel.

Toddlers: 1 to 2 years

A tot that gets enough sleep may avoid turning into a screaming gargoyle on entering the “Terrible Twos.” Ideally, 12 to 15 hours. Any less than 30 can make a child try to shake off lethargy by becoming hyperactive. Studies even suggest that some children displaying symptoms of Attention Deficit Hyperactivity Disorder may, in fact, just need more sleep.

Pre-school: 3 to 5

Once past those Terrible Twos you still have to stop your little angels turning into tired little demons. Ideally they still need 10 to 13 hours, and absolutely no less than eight. Otherwise they can develop behavioural issues. A study by University College London found that kids who didn’t get the recommended amount of sleep could have emotional difficulties and problems relating to their school friends.

School age: 6 to 13

More sleep leads to smarter kids, says a psychologist who tested 80 10-year-olds. Some had more sleep, others far less, and after three days he measured their ability to learn. The kids who had less sleep were the equivalent of two years behind their more alert counterparts in mental tests.

Schoolkids need 9 to 11 hours a night, though it can be as low as seven or as high as 12.

Teenagers: 14 to 17

Adolescents aren’t lazy and grumpy just for the fun of it. Their moodiness is often the result of not getting enough sleep. With all the changes to the body brought on by puberty, a lot of sleep at this age is important to make sure their body releases the right amount of essential hormone, So they need to get eight to 10 hours a night at least.

One reason modern teens often get far less than this is their reliance on smartphones and tablets. The light emitted from hi-tech devices makes it harder for the brain to release melatonin, the sleep-promoting hormone. A recent study in Norway found that two hours of screen time a night has a direct impact on how much sleep they will get.

Young adults: 18 to 25

It’s the time when some spend most of their time partying while others are in the process of starting a family or launching a career. For the latter two options more sleep is essential.

The ideal amount for a young adult is seven to nine hours, though six hours is good enough for some. And while some high-flying executives brag about surviving on four hours night, most major achievers appreciate the value of a good night’s sleep. As for starting a family, studies show that not getting enough rest can reduce a man’s sperm count by up to a third.

Adults: 26 to 64

The stress and demands of careers and families may make sleeping difficult, but if you want to enjoy the fruits of your labour, get some rest.

Adults need seven to nine hours, although cutting it down to six once in a while does no harm. While Margaret Thatcher famously boasted that she needed only four hours, for most people that would bring on all sorts of health issues.

A horror house of diseases are linked to a lack of adult sleep: strokes, obesity, diabetes, anxiety, depression as well as heart disease and cancer. We get even more prone to all of those as we get older.

A recent survey by Channel 4 found that sleep deprivation, ironically due to screaming babies, had been cited as a reason for three out of 10 divorces in Britain.

Older folk: 65 and over

Oldies are notorious for dozing off in the day. But that’s because they find it harder to sleep at night — and no one is entirely sure why. But experts are sure people of retirement age must still try to get as much rest as they can.

Some can get by on five hours a night and others need nine. But getting a regular seven to eight hours can ward off all sorts of diseases, including dementia. A surprising study by Stanford School of Medicine in California found that there was a much higher risk of suicide among adults aged 65 and above if they were deprived of sleep.
There’s more to playing sports than just competing to be the best or to develop the physical fitness of an athlete. Children that begin playing sports at an early age will begin to develop real-world skills that can be applied to all areas of their lives, during childhood and into adulthood. The following are a few of the more important skills that playing sports will help to develop.

**Learning how to deal with failure**

Playing sports will teach you how to lose. Losing is almost as important as winning, because everyone will fail at something in life. The important thing is to learn about the failure and to use it to your advantage. Losing a game or a tournament helps teach children that these are temporary losses that can be overcome next time. The same goes for setbacks later in life.

**Learning how to work hard**

In order to become good at a certain sport, constant practice is required. Those who practice in order to get better will reap the rewards in terms of improved skills and athletic ability. The same will be applied in life — the harder you work the more you will be rewarded.

**Learning how to work as a team**

People who play team sports will learn that the success of the individual is not as important as success of the team. This teaches them humility and selflessness, not to mention that it will teach them how to work well with others in order to achieve a common goal.

**Learning how to make sacrifices**

By playing sports, you learn to make certain sacrifices in order to increase your performance or the performance of the team. This may mean small sacrifices such as not being able to watch as much TV or play as many videogames, but they are sacrifices nevertheless. And doing so will help you learn that making personal sacrifices throughout life will help you to advance in your career, thereby improving your life.

**Learning discipline**

Practicing in order to improve your skills and performance for yourself or your team takes a lot of discipline. Learning discipline will help throughout your life, whether it’s studying every day for a test or doing your work ahead of time at your job.
A passion for learning is a passion for life

SEK Qatar is a new initiative of SEK International Schools.

Established originally in Spain in 1892, SEK International Schools are places where innovation and pedagogical leadership are combined with 120 years of tradition and history to offer educational programmes unlike any others.

As SEK Qatar we offer an exciting and challenging curriculum in an advanced learning campus located in the modern area of Doha’s West Bay.

Questioning is at the heart of our pedagogy, with our students making connections between their academic studies and real-world experiences.

We implement the IB Primary and Middle Years Programme (as a candidate school) where English is the language of instruction. Arabic and Spanish are taught from Preschool 3. We are a candidate school for the IB Diploma Programme and we plan to start its implementation in 2016-2017.

We pride ourselves in building a learning community where teachers are exposed to international professional development opportunities and where parents are actively involved in the school life.

SEK Qatar accepts students from Preschool 3 to Grade 10 for the 2015-2016 academic year.

*Only schools authorised by the IB Organisation can offer any of its academic programmes. Candidate status gives no guarantee that authorisation will be granted
Abu Hamour Branch
GRAND OPENING!!!

Qatar National Sports Day
February 10, 2015

You are welcome to join us in celebrating the Grand OPENING and enjoy the entertaining programme and prizes!