

[Health bus, Bahrain](#)

The main aim of the project in Bahrain is to enable youth to practise physical activity. It focuses solely on the promotion of physical activity and is targeted at children and young people, particularly those from low socioeconomic groups.

[Promotion of physical activity through the mass media, Bahrain](#)

The mass media health promotion campaign aims to promote healthy lifestyles among the general population in Bahrain. It focuses on four aspects of a healthy lifestyle: stress management, healthy diet, avoiding smoking and physical activity.

[King Abdullah II Prize for Fitness, Jordan](#)

The King Abdullah II Prize for Fitness is a physical fitness promotional programme intended to complement the regular physical education (PE) curriculum for children aged 9–17 years.

[Nizwa healthy lifestyle project, Oman](#)

The Nizwa healthy lifestyles project is a community-based project for the primary prevention of noncommunicable diseases and the promotion of healthy lifestyles.

[Qualhat healthy village project, Oman](#)

The Qualhat healthy village project focuses on improving and developing the social and health lifestyle of the community of Qualhat village.

[Let's rise, Oman](#)

The Let's Rise project aims to improve and develop healthy lifestyles among the community of the South Sharquiya governorate in Oman.

[Al haraka baraka \(movement is a blessing\) programme, Saudi Arabia](#)

The Al haraka baraka is a physical activity promotional programme intended to complement the regular school physical education programme for 6–12 year olds.

[Wadi Hanifa development, Saudi Arabia](#)

The aims of this project are to restore and develop Wadi Hanifa, a valley of over 100 km which runs from the south to the north of Riyadh, and is located on the west side of the city. The project seeks to redevelop the area as an environmental, recreational and tourism resource.

[Dubai Pulse, United Arab Emirates](#)

Dubai Pulse is an initiative to promote physical activity to all segments of society, with the aim of reducing disease and promoting physical and psychological health.

Thursday 18th of April 2024 01:24:09 AM