

NEWS RELEASE

Walk for Life to draw a crowd for the fifth year running

A healthy lifestyle remains the theme of the annual walkathon at Yas Marina Circuit

Walk for Life

November 25 2011

Yas Marina Circuit, Abu Dhabi

www.diabetesuae.ae

<http://www.facebook.com/DiabetesUAE>

Abu Dhabi, UAE, World Diabetes Day November 14 2011: Under the patronage of Her Highness Sheikha Fatima bint Mubarak, Walk for Life - the annual walkathon from the Imperial College London Diabetes Centre and The National Health Insurance Company Daman - will take place at Yas Marina Circuit on November 25 2011.

Now in its fifth year, Walk for Life has encouraged over 45,000 people to join in and consider the role of regular exercise in a healthy lifestyle. More than 15,000 are expected to attend the fun-filled family event again this year.

According to Dr Maha Taysir Barakat, ICLDC's Medical and Research Director and Consultant Endocrinologist, exercise is known to contribute enormous benefits to health.

"A sedentary lifestyle and a poorly-balanced diet are likely to lead to excess body weight which in turn can eventually manifest as type 2 diabetes," she said.



Dr Maha confirmed that it is possible to manage and even prevent diabetes by adopting a balanced diet and taking regular exercise, such as a brisk walk each day.

Meanwhile, Daman's Chief Executive Officer, Dr Michael Bitzer said that Daman continues to support public awareness initiatives as part of the company's on-going commitment to the health and wellbeing of the UAE.

"We remain firmly behind Walk for Life as year after year it draws the attention of the nation to the importance of regular exercise as part of a healthy lifestyle practice," Dr Bitzer said.

Walk for Life is part of ICLDC's award-winning public health awareness campaign, 'Diabetes-Knowledge-Action'.

This year, the afternoon of interactive family entertainment – including fun fitness activities, musical acts, drumming and more - kicks off at 3pm on November 25. The Walk starts at 5pm. Log onto www.diabetesuae.ae for more details.

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About Imperial College London Diabetes Centre

Imperial College London Diabetes Centre is a one-stop, state-of-the-art, out-patient facility that specialises in diabetes treatment, research, training and public health awareness, with two centres – one each in Abu Dhabi and Al Ain.



The purpose-built centres are an initiative of Mubadala Healthcare, in partnership with the UK's Imperial College London. Mubadala Healthcare, a division of Mubadala Development Company, is specifically dedicated to investment in strategic, high value and economically sustainable projects that meaningfully enhance the private healthcare infrastructure of Abu Dhabi and the UAE.

The launch of ICLDC in 2006 is testament to the vision of Mubadala Healthcare to develop projects that protect and enhance the nation's health. ICLDC has offered diabetes prevention, education and treatment to more than 100,000 people.

'Diabetes-Knowledge-Action' is ICLDC's award-winning public health awareness campaign. It was launched in 2007 under the patronage of HH Sheikha Fatima bint Mubarak, in partnership with The Emirates Foundation for Philanthropy.

ICLDC Abu Dhabi holds the Joint Commission International (JCI) Clinical Care Program Certification (CCPC) in Diabetes Management and JCI Accreditation for Ambulatory Care. When the Centre received the awards it became the only healthcare provider worldwide to hold both certifications and the first facility in the Middle East and third globally to hold JCI's highly-acclaimed CCPC specifically for the clinical management of diabetes.