



## **Barwa Bank extends the spirit of National Sports Day**

### *Launching a Comprehensive Staff Fitness Program*

**Doha, February 09, 2013** - Barwa Bank, Qatar's fastest growing Shari'ah compliant banking service provider, prepares to launch a comprehensive staff fitness program on National Sports Day.

Intended to engage all Barwa Bank Group (BBG) employees in year round sports and physical activity, the initiative will carry on the spirit of National Sports day; encouraging regular physical activity and helping to promote a healthier life-style both in and outside the workplace.

Steve Troop, CEO, Barwa Bank Group commented, "National Sports Day offers Barwa Bank a wonderful opportunity both to build employee spirit and to make a contribution to the nation's well-being. That is why we didn't want these efforts to simply stop after the day ends, and have taken the opportunity to launch a full fitness program to engage our staff in year round exercise and sports. This highlights our ongoing commitment to enable and empower our staff to live a healthier and more active lifestyle."

Responding to National Sports Day and the drive to encourage residents to take part in regular physical activity, BBG has organised a range of fun sporting activities throughout the year, including a BBG Football League and Cricket Sixes, with a total of eight teams taking part. A running club will enable staff to meet once a week to follow running and walking programs designed to meet the various fitness levels. Prizes will be awarded to runners in various age-group categories. Other activities include a 12 weeks squash program followed by a tournament and a boot camp with classes conducted by a professional trainer for female employees that will include yoga, Pilates and Zumba.

Barwa Bank's commitment to sport in Qatar is at the heart of the bank's CSR activities since its debut. The bank organised the first Ramadan indoor football championship in Qatar in collaboration with Qatar Charity and is currently sponsoring Ziyad Rahim, Head of Market Risk at Barwa Bank in his bid to break the Marathon Grand Slam as he prepares to complete a marathon on all seven continents of the world and the North Pole. Barwa Bank has also sponsored a local Squash tournament and will continue to collaborate with the Qatar Squash Federation to support this popular sport.