

Public workout spaces to 'reduce' obesity in Bahrain

Julia Cassano
TDT | Manama

Obesity has been prevalent in the Kingdom for decades, as from 2000 to 2020, Bahrain has seen an increasing amount of the population suffering from the concerning health issue.

But if the proper tools and awareness are implemented in a country to efficiently combat the health issue, obesity could easily be prevented.

However, the government and the public must act quickly as current predictions indicate that by 2030, an estimated quarter of the region's population in GCC countries will be diagnosed with diabetes, according to the Ministry of Health.

What are the factors that limit frequent exercise?

Though it is apparent that frequent exercise reduces the chance of obesity, many Bahrainis highlighted that working out may not be an option for everyone in the country.

When speaking to the Bahraini public on the matter, they said that it's difficult to exercise regularly when they are met with sub-standard infrastructure and poor air quality.

For that matter, they also said



Olga Ghali



Moayyed Feroze



Regular exercise can help avoid health problems like obesity

that gym memberships can be an expensive cost for many. And usually, many of the low-cost gyms don't possess decent equipment to get a satisfactory workout. Additionally, many people are just trying to get by. The mingled issues of poor wages and the soaring cost of living, prohibit the public to pay for

a monthly gym membership, they said.

When speaking on the matter of public spaces in Bahrain to work out, Moayyed Feroze, a top nutritionist and fitness coach, said that there are certainly not enough public spaces for the community to use.

Moreover, depending on

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MOAYYED FEROEZE, TOP NUTRITIONIST AND FITNESS COACH

where you live in Bahrain, the traffic-ridden roads are not a feasible option to get a regular run in either.

“For those who wish to cycle, or run will always be at risk from the traffic. And often, many people will drive to areas in the country where it is safer to walk, however, this can cause an inconvenience when met with the grueling traffic,” the nutritionist said.

But, he noted, that developing bike lanes in the country would be a great encouragement for Bahrainis.

Most importantly, it would be safer for cyclists.



Tailors are racing against time to meet Eid demand

Tailors will no longer take orders as Eid draws near

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Due to their extreme workload, long hours, and pressure to complete orders, several tailors have stopped taking orders as Eid approaches.

Customers continued to place additional orders up until the last few days, and several tailors reported receiving twice as many orders as they usually would.

The Daily Tribune learned that due to a shortage of employees in several tailoring shops and a large volume of orders, many tailors are not accepting new orders.

Every year, the tailors work tirelessly to take orders and deliver clothing in time for Eid, with customers requesting a variety of garments.

Sajid Khan, a tailor, disclosed to The Daily Tribune that the stitching charges had been raised due to the extra effort required during the busy Eid season. “Our business has always been good. This is the only time we make profit compared to other months.”

Meanwhile, a few customers, who had procrastinated with their wardrobe plans, reported being rejected by a few tailors as they were already fully booked.

According to Shabana Ahmed, a resident, “Last week, I went to a nearby tailor shop to give my clothes

“Our business has always been good. This is the only time we make profit compared to other months”

SAJID KHAN, A TAILOR

that I brought from Pakistan for stitching, but the tailor didn't take it and said we have stopped taking it because we have many orders.”

In Manama, where there are numerous tailoring shops, Shabana continued, “I decided to go around while I approached many other tailors, but they all responded the same. I'll have to choose from my wardrobe and wear the old one if I can't locate another tailor.”

Another resident, Maryam Janahi, added, “I had the same problem last Eid, which is why I was very quick to give my clothes for stitching for this Eid, however it's unfair that the tailors increase their prices and that during such festive season we have to spend a lot for stitching. She went on to clarify that, “While we often pay BD5 to BD6 for a full dress on normal days, we must pay BD8 to BD9 during Eid, depending on the various types of clothing and embroidery used.”

Woman must relocate to Bahrain or forfeit custody of children

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A Sharia Court has ruled that a Gulf national woman must relocate to Bahrain to maintain custody of her three children, or forfeit custody to their Bahraini father.

According to Family Law, the custodian is not authorised to reside with the child in a country other than the father's without his permission.

The court dismissed the mother's custody request and her demand that the father pay an estimated BD100,000 annually for child support.

The case was brought by a Bahraini man whose Gulf national wife obtained a divorce in her home country.

The woman filed a lawsuit in Bahrain's Sharia Court, seeking custody of the children and annual payments of BD100,000 from her ex-husband.

In response, the defendant requested that the plaintiff move to Bahrain to maintain custody of their children or face having custody transferred to him.

The court cited Article 134 of Bahrain's Family Law, which states that a female custodian may not reside with the child in



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another Gulf country, which the court deemed detrimental to their safety.

The plaintiff had acknowledged living in Bahrain while the children resided in another

Gulf country, which the court deemed detrimental to their safety.

The defendant presented bank checks demonstrating his commitment to the children's expenses, and proof of his monthly income to refute the plaintiff's financial demands.

Lawsuit for daughter's private school tuition fees dismissed

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A woman who demanded that her former husband pay for their daughter's private school tuition fees has had her lawsuit rejected by the High Sharia Court.

Despite a previous ruling that obligated the defendant to pay, the court found that he was insolvent and unable to make the payments.

The defendant's salary was deemed insufficient to cover the monthly instalments, and the court emphasised that alimony rulings are temporary and subject to change.

The defendant's lawyer explained that her client had initially been ordered to pay for the



daughter's tuition fees following their divorce. However, the defendant appealed the ruling and requested that the girl be transferred to a public school, which was rejected.

A year later, the plaintiff transferred the girl to another

private school and filed a new lawsuit demanding that the father pay for her tuition again.

During the hearing, it was revealed that the defendant was unable to afford the payments from the start, as his monthly salary of BD464 was less than

the monthly instalment of BD527.

The court received a letter from the Execution Court, stating that the defendant had failed to pay late tuition fees and had filed several lawsuits requesting that the tuition fees be dropped.

The High Sharia Court noted that alimony rulings are temporary and subject to change due to changing circumstances. The court ruled that the plaintiff's request to compel the defendant to pay for the private school tuition fees did not correspond to the defendant's insolvency and had no lawful grounds.

As a result, the court rejected the lawsuit and obligated the plaintiff to bear the expenses and attorney fees.

Joint inspection campaign



The Labour Market Regulatory Authority (LMRA) conducted a joint inspection campaign in the Northern Governorate, in coordination with the Nationality, Passports and Residence Affairs (NPRA) and the Governorate's respective Police Directorate of the Ministry of Interior. The campaign resulted in reporting a number of violations related to the Labour Market and Residency laws. The cases were referred for legal action. The LMRA renewed its call on all members of the society to report violations via the electronic form on LMRA's website www.lmra.gov.bh or by calling the authority's call centre on 17506055.