
THE GOLF OMAN

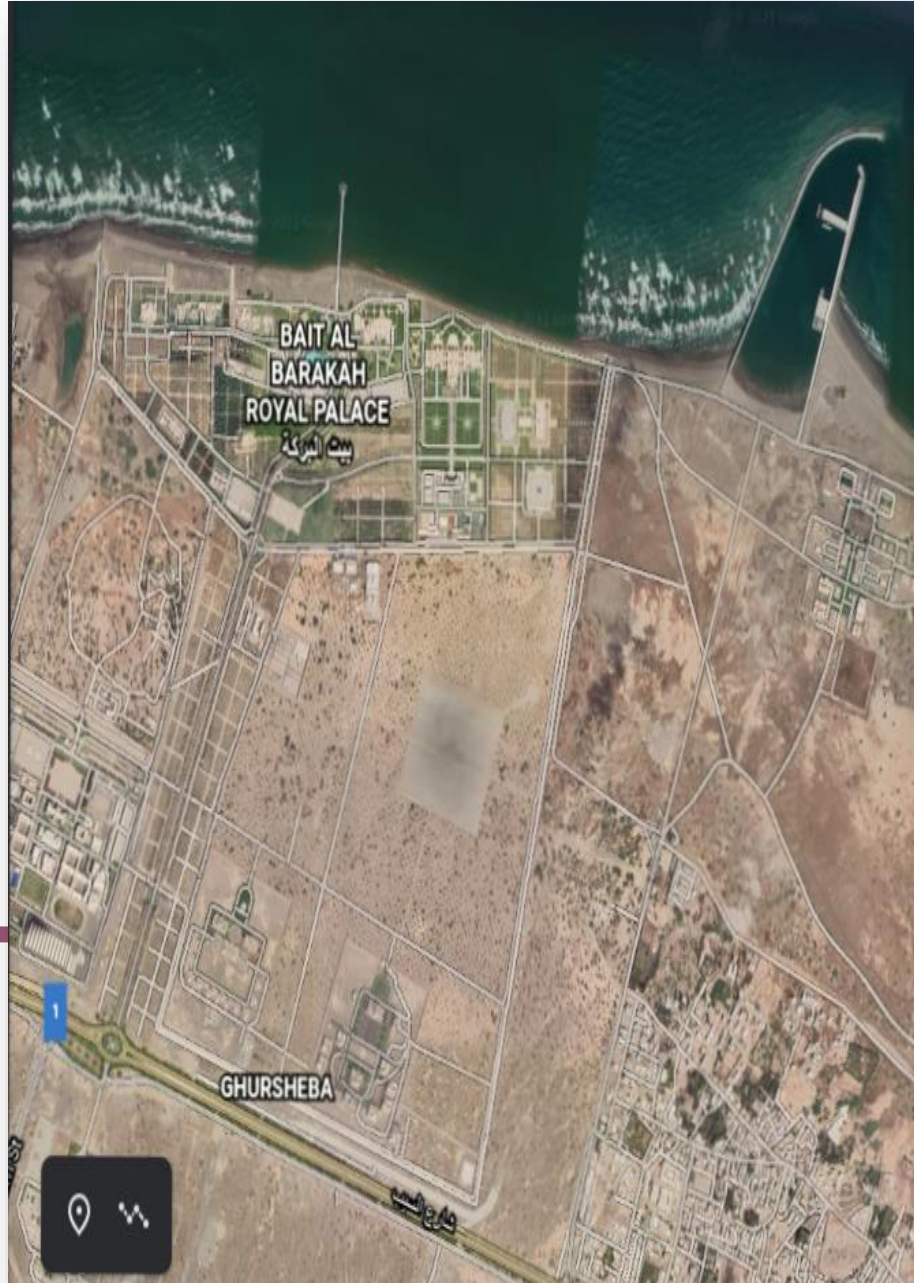
BY

DHOFAR INVESTMENT & DEVELOPMENT LLC

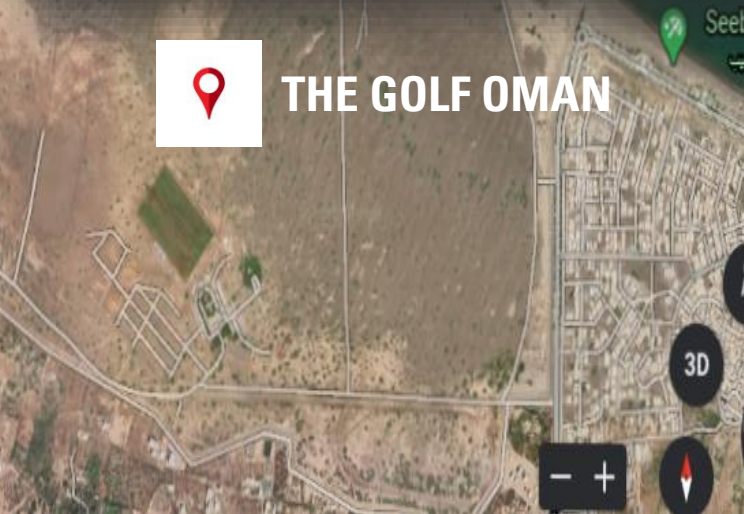




WHERE
WE
ARE ?



THE GOLF OMAN



THE GOLF OMAN OVERVIEW



THE GOLF WORLD

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**THE HEALTH &
INDOOR WORLD**

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THE GOLF WORLD



THE GOLF WORLD- FACILITY OVERVIEW



THE GOLF COURSE



THE CLUB HOUSE



PRACTICE FACILITY



PARKING

THE GOLF WORLD- FACILITY OVERVIEW



SERVICE AND
MAINTENANCE



THE CART BARN



ICONIC GOLF
TOWER

THE GOLF COURSE

An executive course or short course is a course with a total par significantly less than that of a typical 18-hole course.

A "9-hole course", typically the type referred to as an "executive course", has only 9 holes instead of 18, but with the otherwise normal mix of par-3, par-4 and par-5 holes (typically producing a par score of between 34 and 36), and the course can be played through once for a short game, or twice for a full round.

Some golfers criticise 9-hole courses and regard them as a limited challenge, however, for the golfer there are advantages to outweigh the disadvantages, for example, if you play only 9-holes it takes less time to play (speeding up play is a big issue for the international governing golf authorities), it's less tiring for children and older people and less expensive for a green fee. For the environment, less land is required, therefore, less intensively maintained grass, less fertiliser, less water for irrigation – sustainably, it makes good economic and environmental sense to develop 9-hole courses





Our greens are kept in immaculate condition, and the excellent drainage of the course means GOLF OMAN Green is open all year round and playing on regular greens/tees regardless of rain and bad weather. The bunkers are scattered across the course in strategic spots to add difficulty with water features on the 6th and 9th fairway adding scenery and difficulty to the course.

THE GOLF OMAN is a forward-thinking golf facility, with relaxed rules to encourage more people to enjoy the great game of golf. Our inclusive approach enables players and beginners to fit golf into their busy lifestyles.

This typically requires from 140 to 180 acres of useable land. Nine holes with a par of 35 or 36 should take about half the acreage. However, if nine holes are built initially, it is still better if there is enough land to design a second nine at the same time, for eventual expansion to 18.

THE CLUB HOUSE

And clubs and clubhouses go back a very long time in golf's history. The first golf club (membership association) was The Honourable Company of Edinburgh Golfers, which was formed in 1744 by golfers who played the Leith links in Scotland.

In 1768, the Golf House at Leith, on those same Leith links in Scotland, was built and became the first golf clubhouse. The Leith links still exists, but as a public park, not a golf course. The Honourable Company of Edinburgh Golfers still exists, but today calls Muirfield, Scotland, home.



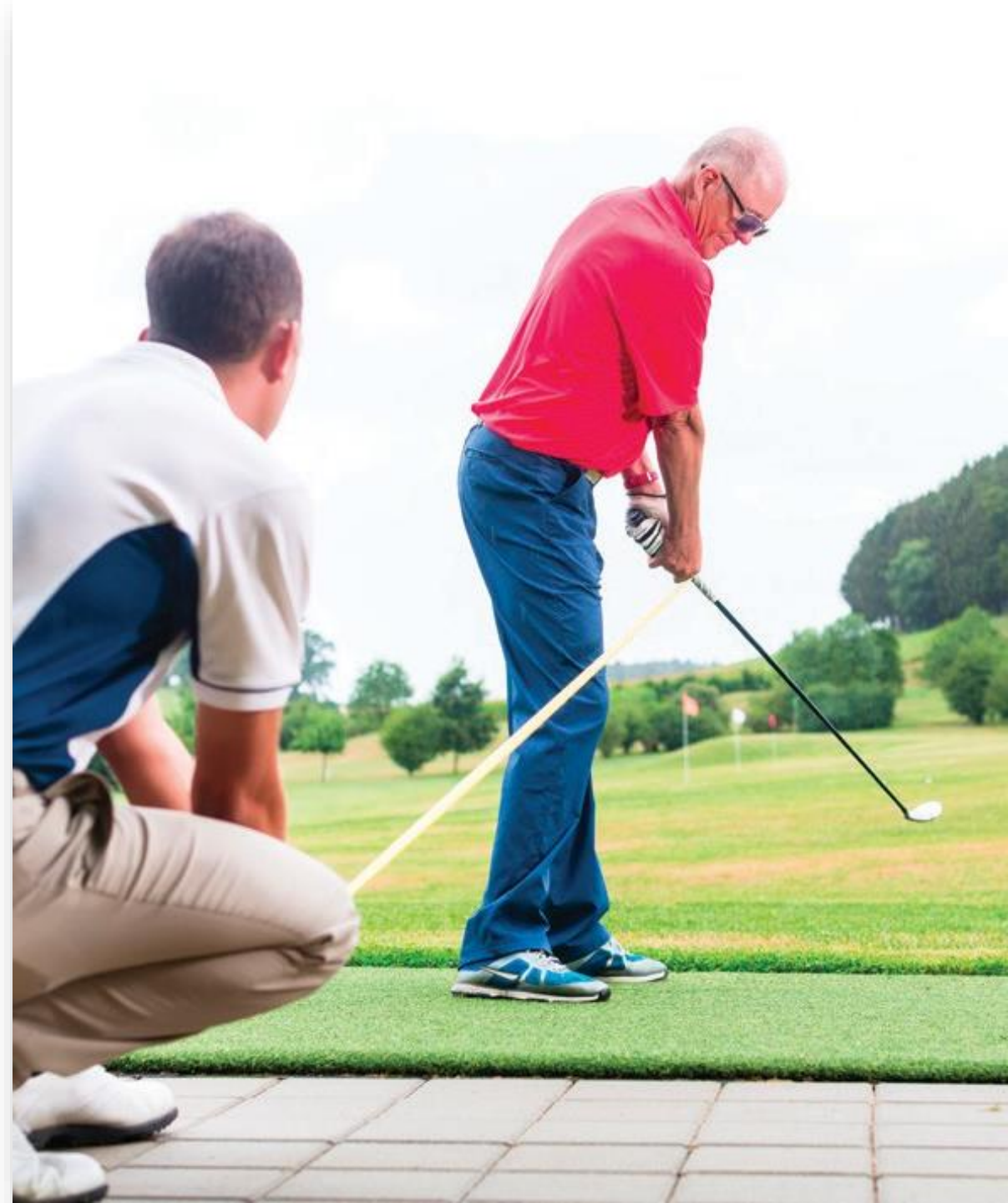


The "clubhouse" is the main building at a golf course where golfers first head when arriving at the course. The clubhouse contains the pro shop, where golfers check in and pay, and usually includes some kind of food and drink service (whether a full-scale dining area, snack bar or simply drinks in a fridge) a meeting room and a lounge, and locker rooms for golfers.

As a general rule, the fancier the golf course — another way of saying the more expensive (or exclusive) it is to play — the more likely it is to have a very nice clubhouse.

THE PRACTICE FACILITY

Most golf clubs have several services available to help their members and community improve their golf skills. However, our practice facilities will be far superior to other courses due to our expansive premises and dedicated staff. On our staff, we will have licensed golf professionals who are there to offer support and tips to help you and all other members improve their golf game. We will have several practice areas ready and available for you to work on your game and play at your leisure.





LARGE DRIVING RANGE

While there are driving ranges all over the metro area that allow you to practice your drives whenever you want, you typically have to pay to use those facilities. However, by joining our golf club as a full-fledged member, you never have to worry about waiting hours to get driving time. all you have to do is schedule your driving time at your convenience at our practice facility and get in right away to get your work in.

TEEING, TARGET, AND SHORT-RANGE GREENS

At GOLF OMAN, we boast several practice greens for our members that allow you to work on your game as often as you want. For starters, we have teeing greens that allow you to practice teeing off. As an avid or new golfer, you know that it's crucial to practice teeing off. While you can recover from a bad tee, it does make it more difficult to get a good score, so practicing is vital. Additionally, we have a great deal of space available for you to work on your target shots to improve your accuracy. We also have areas where you can practice your short game to improve your chances of getting a low score.

OUR CERTIFIED STAFF

At GOLF OMAN, what truly sets our practice facilities and club apart from all others is our strong staff. We have several golf professionals on hand, as well as top-of-the-line turf experts. Our golf experts can offer lessons, as well as pointers, while you're out golfing. On top of those experts, we also have an expert culinary team and event staff. To learn more about how our staff can help you, contact us today.



Golf Practice Facility

Outdoor On-Campus Practice Area:

- 12 full swing hitting stations
- 12,000 square foot putting green
- 14,000 square foot short game area that includes 3 bunkers, multiple hole locations, and a wedge area that stretches to 80 yards

Indoor On-Campus Practice Area:

- 3 hitting bays
- Trackman
- V1 Video
- Foresight Launch Monitor
- TaylorMade M.A.T.T. System
- Full swing Golf simulator
- Swinguru 3D Motion and Balance System
- TOMI putting system
- Full golf equipment repair room

THE PARKING FACILITY

“Park and Play”:

Golf with Social Distancing , With the recent importance of “Social Distancing” to help flatten the curve of the COVID-19 virus, we can’t think of a better way to social distance than with golf.

“Park & Play”. This gives golfers the confidence that they can drive to our course, park, get to and around the course, and back to the parking lot in as safe an environment as possible.



THE SERVICE AND MAINTENANCE FACILITY

Owning a golf course is a major investment, Positive Return on Investment is a vital component of ownership.

So, what feature best fills your golf course with scheduled tee times and steady revenue? Most golfers say it's the course's playability. While location and convenience are factors, golfers look for:

- grass that holds up to drought or rain
 - high-performing greens
 - visual appeal
 - tee positioning that accommodates varying abilities, particularly the growing female market
 - moderately challenging bunkers and water hazards
-





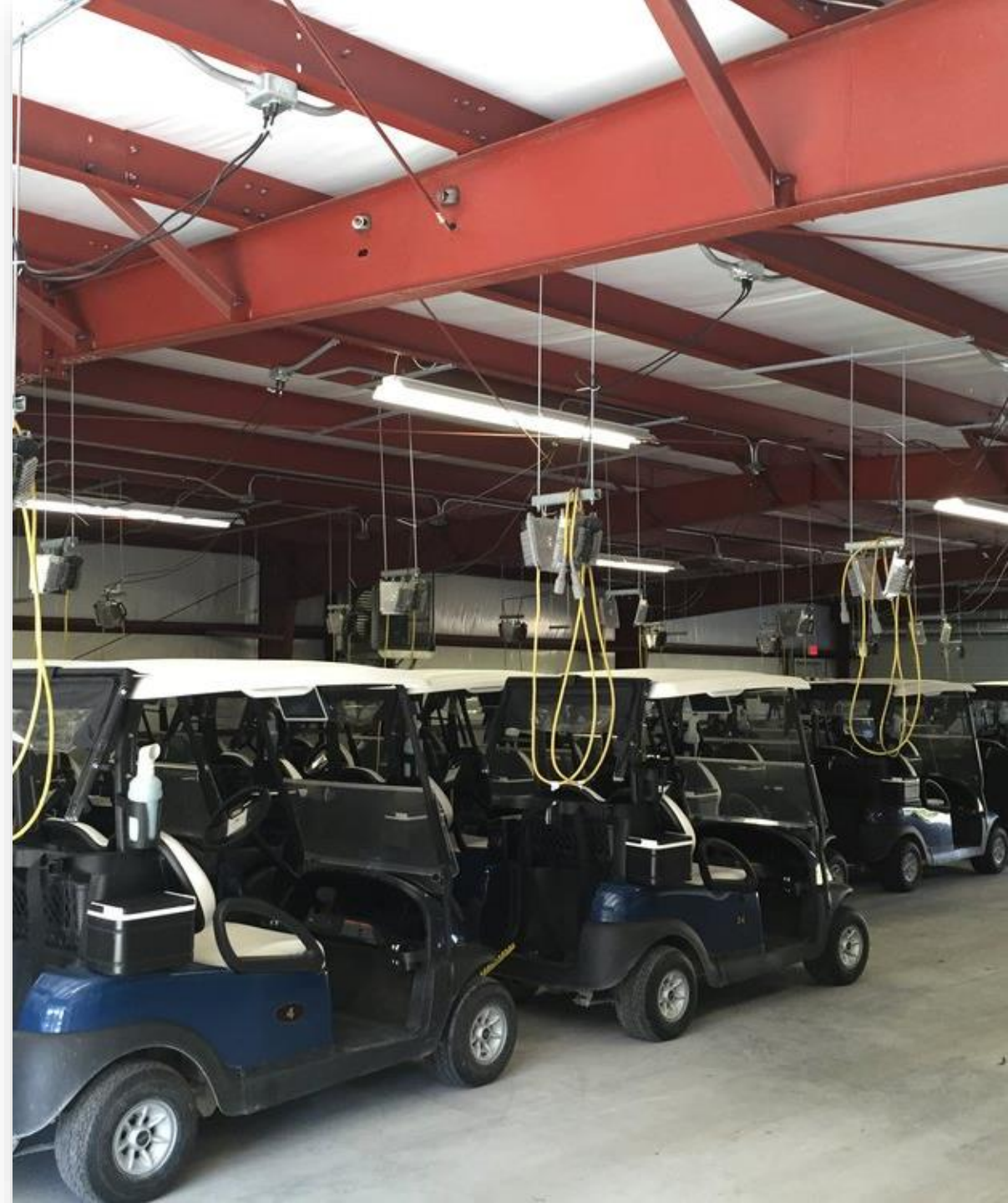
Natural wearing will occur with all golf equipment over time, but there are ways to make sure golf clubs are maintained for as long as possible.

Golf clubs should be treated with great respect. If they are not looked after they will quickly degrade — faster than they should — leading to poor performances on the greens.

THE CART BARN

Maintaining Your Golf Cart

No matter the make or model, carts are designed these days to give you years of worry-free rounds and trips to the club. However, it's important to get in to the habit of regularly maintaining your golf cart for daily use to help make sure you don't run in to any issues on the course.

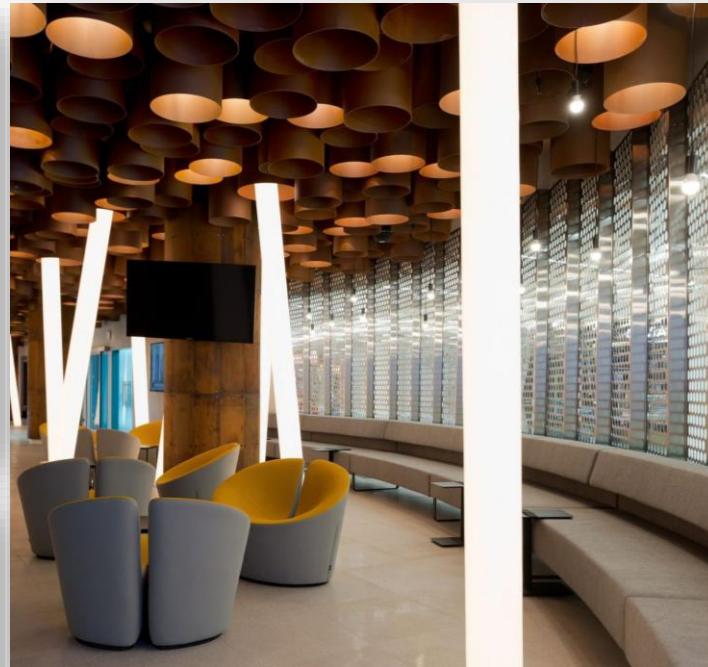


THE ICONIC GOLF TOWER

Though we're surrounded by people and buildings every day, we don't think much about how amazing our infrastructure and organized society is— one look at New York City today should be mind-blowing for everybody.

Humankind has achieved great things, especially when it comes to iconic business towers. It's no wonder that many people who don't even live in New York City still decorate their apartments, homes and offices with pictures, posters and artwork regarding iconic buildings like the Empire State Building and the Chrysler Building.





The **ICONIC GOLF TOWER** location overlooks **THE GOLF WORLD**

With Helipad and play area

Executive **VVIP lounge**

Executive viewing gallery to Golf Course

Luxe rooms with floor-to-ceiling windows, kitchenettes (in most), and views **GOLF WORLD**

Home to famous restaurants with 24-hour room service

Indoor lap pool and adjacent fitness centre with Technogym equipment

High-end spa with tons of treatments

Business centre with a boardroom

Pet-friendly with specials treats and amenities

Business Deluxe rooms are especially preferred by business corporate travellers where they can enjoy contemporary chic and timeless values. Classic or sophisticated style rooms are comfortably furnished with art objects and exclusive 5-star amenities.

THE HEALTH AND INDOOR SPORT WORLD



THE HEALTH AND INDOOR SPORT WORLD



THE HEALTH CLUB



THE INDOOR SPORT



THE KIDS INDOOR



THE HEALTH CLUB

MAIN WORK OUT

CARDIO-EXERCISE

GROUP TRAINING

PERSONAL TRAINING

AEROBIC STUDIO

YOGA STUDIO

EXECUTIVE SPA

POLY CLINIC

PET CARE

THE HEALTH CLUB

If there is an investment that would guarantee you returns throughout the length of its term, it would undoubtedly be your health and fitness.

YOU CAN NEVER LOSE BY INVESTING IN A HEALTH AND FITNESS LIFESTYLE, AND THERE IS NO AGE REQUIREMENT!

You can start investing at a young age and reap the rewards of being healthy and fit, well into your later years.





A health club can provide three major benefits: motivation and companionship, instruction and supervision, and equipment and facilities.

Motivation is the most important, especially for men (and women) who are just starting to exercise. The first steps to fitness are the hardest. It can take two to three months for people to really enjoy exercising; going to a club can make those initial workouts easier to take. At any club, you'll meet men in the same boat as you are — and you're sure to see someone who is starting out in worse shape than you. You'll also see people who have made the transition from sloth to sleek, a powerful motivator indeed. For many folks, paying up-front also provides motivation, since the only way to get your money's worth is to show up.

Instruction is also an important feature, both for beginners and for gents who are ready to move up to a new level. Most clubs offer free hands-on guidance to get you started on a piece of equipment, and many offer personal trainers to plan and supervise an individualized regimen, usually for an extra fee. Group classes are also available at most clubs, providing companionship, motivation, and instruction all at once.

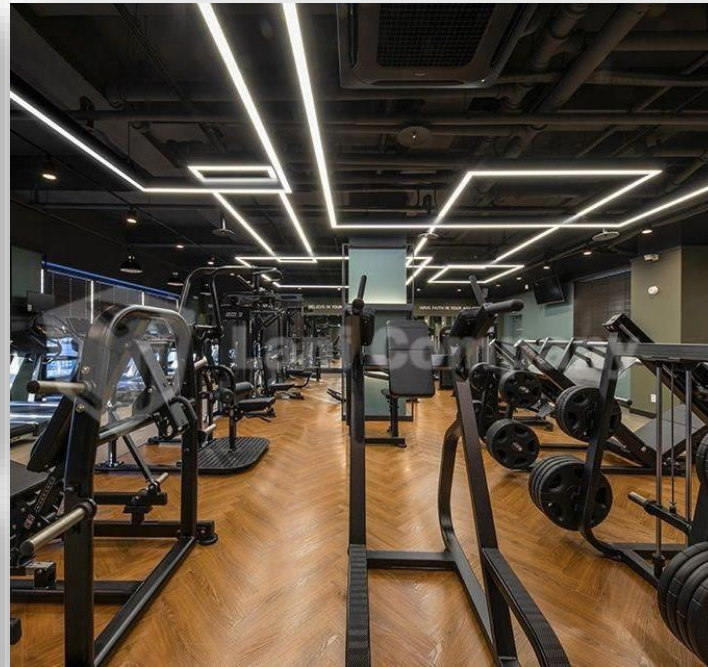
A third reason to join a club is to get your hands — or feet — on their equipment. Home exercise equipment is great, but few homes can support more than one or two devices. Every health club worth the salt of your sweat will have ellipticals, treadmills, bikes, climbers, resistance machines, and weights. Many offers even more, from rowing machines and cross-country skiers to swimming pools.

THE MAIN WORKOUT STUDIO

"A health club (also known as a fitness club, fitness centre, and commonly referred to as a gym) is a place which houses exercise equipment for the purpose of physical exercise. ...

Most health clubs have a main workout area, which primarily consists of free weights including dumbbells, barbells and exercise machines. ...





A cardio theatre or cardio area includes many types of cardiovascular training-related equipment such as rowing machines, stationary exercise bikes, elliptical trainers and treadmills."

The Physical Fitness (Exercise Room) space types provide a comprehensive, varied program of physical activities to meet the individual training regimens of its occupants. Indoor fitness programs can typically be divided into four categories of exercise: warm-up/cool down, free weight, circuit training, and cardiovascular. Each area that houses a particular exercise category should be designed around the requirements of the necessary equipment, including spatial, utility, and HVAC requirements, as well as circulation and control. Also important to the design of this space type is the durability of finishes, flexibility of space, and acoustical control.

THE CARDIO EXERCISE THEATRE

For those of you who don't already know—cardio is pretty much our jam at In-Shape. It's one of our favourite ways to work out, and we've created fun (and intense) ways for you to get your cardio on when you're here at the club. From the classic treadmill to our ellipticals and indoor rowers, there's plenty of options to get your heart rate up and racing.





-
- Great for Weight Loss. One of the main reasons why people adopt a cardio exercising routine is because it can help you lose weight. ...
 - Strengthens Your Heart. ...
 - Reduces the Risk of Several Diseases. ...
 - Improves Lung Capacity. ...
 - Naturally Boosts Energy. ...
 - Great for Mental Health. ...
 - Better Sleep. ...
 - Helps the Immune System

THE GROUP TRAINING STUDIO

Group fitness may be the answer to a number of problems your members have from gym shyness to lacking motivation. A small study published in the Journal of the American Osteopathic Association looked into the effects of group exercise classes on stress and quality of life. They found that those who took part in group exercises enjoyed more health benefits than those who worked out alone.





Generally, group training led by a professional trainer or instructor. Many gyms already offer a varied schedule of group training classes like strength training, core, and cardio. There are several boutique studios that are entirely based on group fitness including barre or indoor cycling such as SoulCycle. It's personal training without the high costs, members benefit from professional instruction and guidance without the price tag of a personal trainer.

In order to remain competitive and relevant, it's not unusual for health and fitness facilities to keep an eye on influential trends within the industry. Health clubs with group training classes and programs in place are well-positioned to grow their revenue by drawing on emerging fitness trends and catering to the demand of their members.

THE PERSONAL TRAINING STUDIO

A personal training studio is a more intimate setting for working out with a personal trainer or small group of individuals in group fitness classes. While everyone knows what a gym is, that does not mean that working out at the gym is right for everyone. Many people grow tired of the same gym setting year after year. This is a big reason why so many people are turning to personal training studios to get more personalized fitness training. Plus, it can be hard to have personal training sessions at a typical gym because they have a tendency to be full of noise and various distractions.

Many believe that the only way that a personal trainer and their client can really effectively communicate is in a setting that is quiet enough for them to take advantage of all their time together and work on a level that is best for the trainer and the client. A small, private studio offers that extra level of personalization and considered by many to be the most effective setting for results with a personal trainer.





Personal Training Studio attributes that private training clients appreciate

Motivation: Every trainer is different, but every client is different, as well. Some clients need to be motivated and worked with in a very quiet setting. Unfortunately, gyms are never quiet, and there is too much sound going on for the client and trainer to properly communicate even if there are not very many people around.

When communication is improved between the client and the trainer, the entire session is much better because those two people feel like they are getting the most out of the session.

Equipment: Having all of the needed equipment available at a moment's notice makes it very easy for the trainer and the client to do any work out that needs to be done the second that it must be done. With the entire space at their disposal during a session, it is much easier for both parties to get the most out of a session.

Conversation: Before and after a session, it is nice for the client and trainer to have a place to talk. Since gyms tend to be loud, it can be hard to have a conversation about what the session should be or how it just went. However, a personal trainer's private studio can help to facilitate a conversation that will help both parties to understand where they are at and how they can best move forward with their training.

The privacy and intimacy of a personal training studio can help to improve workouts for any person who wants to learn more about their body and get proper fitness training from their trainer.

Working out in a personal training studio may be a new thing for many people, but it is often the best way for people to work out, get in shape and learn how to best take care of their bodies.

THE AEROBIC STUDIO

What is the importance of aerobics? First and foremost, doing aerobics increases cardiorespiratory fitness, which is one of the five essential components of physical fitness. Cardiorespiratory fitness is the ability of the body's circulatory systems to maintain oxygen levels and supply fuel during sustained physical activity.

It isn't as circular as it sounds. While aerobic fitness is important for doing aerobics, there's more to it than that. Being aerobically fit means that you have a strong heart, circulatory system and lungs, and those factors affect you far beyond your ability to perform aerobic activity. Your heart and lungs have some level of involvement in every single bodily function you have. That's because your entire body requires a well-oxygenated blood supply to function effectively.

A strong heart and circulatory system allow your body to deliver the necessary fuel to all of the outposts in your body via your blood flow. Not only that, but a strong heart pumps more effectively, providing more blood to your body with each beat. Similarly, healthy lungs bring in oxygen and expel by-products efficiently and effectively. Both are essential in avoiding heart disease and other cardiovascular and respiratory illnesses.





Those are just a few of the noticeable benefits of aerobic activity. Some are more subtle and can be counted by what doesn't happen or what it prevents.

Aerobic activity can lower the incidence of high blood pressure and high cholesterol.

It can increase the amount of high-density lipoprotein (HDL) - which is the good cholesterol that your body wants and uses.

It can decrease triglyceride levels.

It can help you lose, control or maintain your weight.

It can help to alleviate muscle pain and soreness.

Regular aerobic activity may be effective at lowering your risks of certain types of cancers.

Getting regular aerobic exercise increases bone density, which helps to prevent the loss in bone mineralization that leads to osteoporosis.

It strengthens your immune system.

Aerobic exercise can help prevent and control type 2 diabetes by decreasing your body's insulin requirements and controlling blood glucose.

It increases your energy levels.

Aerobic activity strengthens muscles, joints, ligaments and tendons.

What else can you do for a mere 20 minutes a day that will confer such amazing health benefits?

THE YOGA STUDIO

To maintain a balance between oneself and environment is necessary for every human. Despite nowadays greater emotional as well as physical needs are given more priority. This is a reason why people suffer more stress, anxiety and also insomnia which is mainly due to improper lifestyle and physical exercise. Therefore, we need methods and techniques for the attainment of health and harmony; in this respect, yoga acts as an aid to one's health.

The word 'yoga' is derived from Sanskrit and means 'to join'/to unite'. Yoga exercises have a physical effect and bring a balance between body, soul and mind.

Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due its various benefits. While some regard yoga as simply one more prevailing fashion and associate it with the new age mysticism, others vouch for how astonishing this form of exercise feels. What they don't understand is that what they see as simply just another form of exercise will profit them in ways they never envisioned.





Before we get into the benefits of Yoga, it is essential to understand what exactly Yoga really is. Yoga is not a religion, it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body.

Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates.

THE EXECUTIVE SPA

Our adult lives offer us nothing but a breakneck pace, and while it is okay to completely overwork ourselves because apparently, we are all workaholics, what is not right is us dealing with stress in a careless manner. And yes, vacations might seem a far-fetched idea given we are always loaded with some assignment on another, what we really need is a day off for ourselves, dedicated solely to relaxation and rejuvenation simply because of our body needs. So, the next time you think your body is giving you unhealthy signals, find a good day spa deal near you and just relax.





There are also other, plentiful reasons about why you should totally take a break and go to a spa. Let's sample some of them.

1. You get to take time out for yourself: Everyone in this world needs some me time. A spa day guarantees that you have some time solely to dedicate to yourself while not sharing it with either your work or your set of families and friends. It is something that just gets us going for the rest of the month when we are suffering from stress or exhaustion.

2. Spa days are good for your health: A proper massage in a spa improves the blood circulation in our body which is extremely important for our health. Not only that, it also stimulates the lymphatic system of our body and helps it take away the waste our body produces. A good massage also helps in delivering oxygen as well as important minerals and nutrients to our body cells.

3. They keep your hormone levels balanced: Massage also enables the body to secrete serotonin, a hormone which is responsible for us feeling happy and satisfied. When you avail spa service for a day, your body is in harmony with your body and your soul as your brain is in its happy place.

4. Spa das help you relax: Whether you are an athlete or a desk job employee, all our jobs exhaust us to some extent or the other. It is very important to take our mind and our body off the mundane life we are in and rejuvenate it, so it does not slog away on the days it needs to perform the most. A spa day helps the cause sufficiently well.

5. Get rid of the toxins: A spa day means a sauna. The heat of the sauna helps the body to purify and wash away all the toxic objects that find their way into our systems.

6. Relax and rejuvenate: It is often said that our body works like a mirror, it shows what it is on the inside. And a day in the spa helps exactly with that. You come out of the spa looking refreshing and it definitely works like a charm no matter where you go.

THE POLY CLINIC

A centre of excellence for family medicine and an institution which aims to provide the most advanced comprehensive health care to the community.

We take utmost care to understand our patient's needs and educate them regarding the best possible treatment. We have carefully chosen the most modern technologies and facilities to serve our patient better.

We are committed to the care and improvement of human life. Our polyclinic is a single doorway to your health care needs, aiming to play an integral role in promoting a healthy lifestyle within the community and empowering families with the knowledge of common health issues, care, and treatment and referral options. In recognition of this commitment, we will strive to deliver high quality, cost effective health care in the communities we serve. The polyclinic team works together and we trust our colleagues as valuable members of our health care team and pledge to treat each other with loyalty, respect and dignity.





To promote the health of our patients with personalized healthcare.

To improve the overall health status of the people by providing comprehensive healthcare of high standards.

Provide better, safer and quality emergency and preventive healthcare services on international standards.

To maintain excellence in all activities related to Health Care.

To advance the frontiers of family medicine.

INCLUDES:

OPD Consultation

Full Fledged Laboratory

Ultra-Modern Dental Chair

Ultra Sound Imaging With 3D, 4D TMT, Echo,

Spirometry, IUI

Audiometry

Physiotherapy

Cosmetology

Emergency Department

Ambulance Service

Day-care

In House Pharmacy

Observation Unit

Digital X-Ray Department

THE PET CARE

Pet Care – your very own animal game app with playful dogs, cuddly cats, cute rabbits and delightful hamsters. Take on lovable horses and a cute young foal, as well as lots of different farmyard animals such as cheeky goats, sheep and pigs at the Pet Care! Care for and help fascinating reptiles like snakes and tortoises and look after other wild animals including fish, deer, hedgehogs, a sly fox, a nimble squirrel and colourful parrots! Your animals want to be loved, helped and cared for!

Features:

Take care of various different types of animals and pets

Playful learning about animals

Lots of animals and other surprises

Find new homes for horses, dogs, cats, birds, fish and other adorable animals

Have fun playing this free game





Medical services:

Consultations

Preventive medicine (vaccinations, antiparasitic treatment)

Diagnostics

Soft tissue surgery

Treatment of fractures

Spay & Neuter

Pet dentistry

Physiotherapy

Paw pads treatment

Other services:

Boarding & Grooming

Microchipping & registration

Pet relocation assistance (import/export)

Retail

Pet Care Veterinary Centre having in stock wide range of pet food

Pet Care

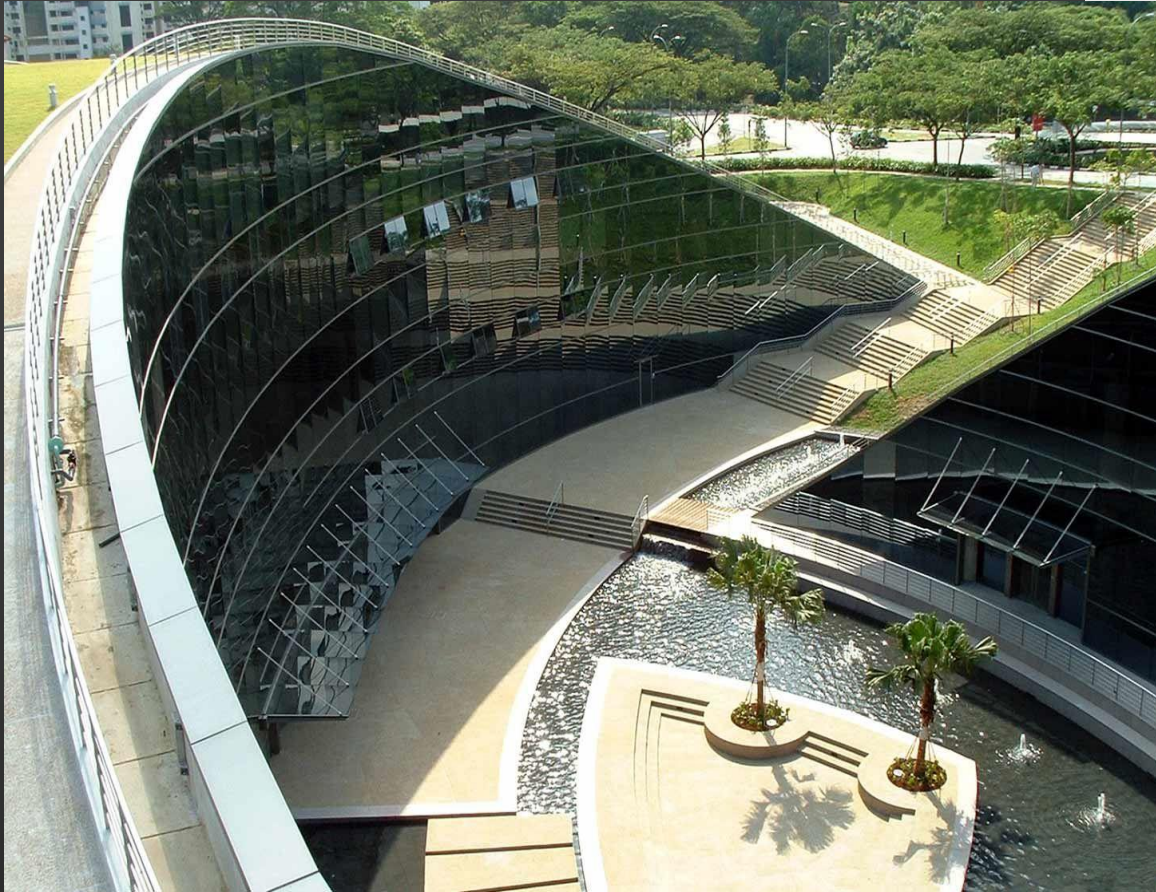
Are you a new pet parent, or looking for answers to a pet care-related question? Our Pet Care section provides a wealth of health and behaviour information to help pet parents provide the best possible care for their furry friends

Pet Grooming

At our Grooming Salon, dogs and cats receive hands-on care from academy-trained, safety-certified pet stylists dedicated to making them look good and feel great.

Emergency

All our pets are under 24-hour observation and the care of our qualified emergency veterinarians. Our open plan treatment area enables us to admit, stabilise and monitor many cases simultaneously.



THE INDOOR SPORT CLUB

BASKET BALL

BATMINTON

BOWLING

SQUASH

TABLE TENNIS

VOLLEYBALL

BILLIARDS

BOXING

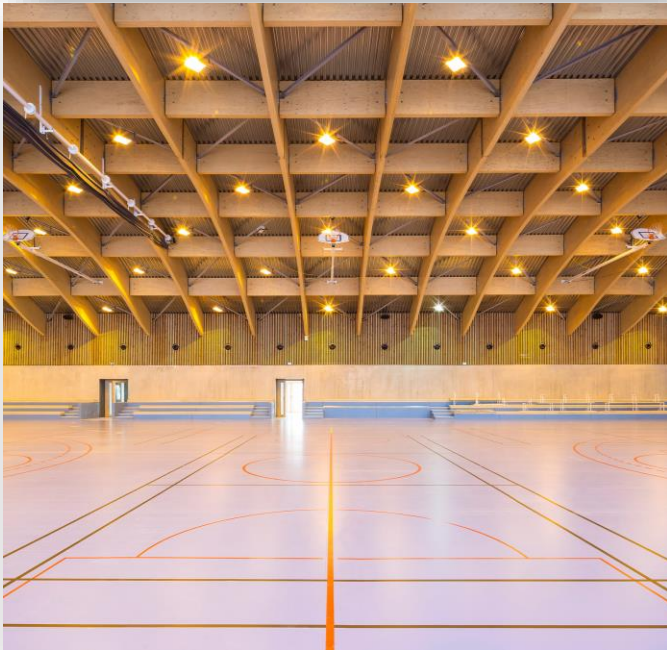
SWIMMING

THE INDOOR SPORT FACILITY

Playing sports is a great way to stay fit and healthy, mingle with people, and have lots of fun. In order to make the most out of it, however, people need to practice regularly – and in order to be motivated to practice regularly, they need to fully enjoy the experience. This can only happen if they're able to play their favourite sport in comfort and safety, at a convenient time and place. When people can practice any sport they want, any time of the year, in an optimal environment, they're sure to frequent the athletic facility that provides them with the enjoyable experience.

Despite the many advantages of outdoor sports facilities, such as space and natural light, indoor complexes offer more efficient sports playing solutions – people don't have to skip games because of the weather and can play comfortably in a safe, climate-controlled environment.





Let's take a look at some of the greatest benefits of indoor sports facilities

Functional Throughout the Year

Indoor sports flooring the most obvious advantage of indoor sports facilities is their usefulness at all times, in any weather conditions. The indoor, climate-controlled environment allows sports to be played all year round, regardless of the weather.

Indoor complexes allow people to play at all times of the year and in all types of weather, giving them the opportunity to boost their health, socialize with others, and have a great time, regardless of the current climatic conditions.

Comfortable

Indoor sports flooring an indoor athletic facility is an extremely comfortable venue to play sports – it provides a climate-controlled environment with superior playing conditions and various useful amenities:

Safe

Indoor sports flooring Comfort and practicality aside, indoor sports facilities provide unparalleled safety to the users.

There is no risk of getting overheated, sunburnt, or drenched by sudden rain, There is no risk of catching a cold because of chilly winds or low temperatures, There is no risk of slipping on mud or debris or getting hurt on sharp rocks if you fall.

THE BASKET BALL

For many people, playing basketball is a fun and effective form of exercise. While other vigorous aerobic activities offer some of the same benefits, the additional advantages basketball offers makes it an enjoyable and even important part of their lifestyles. If you've never played basketball before, consider joining a recreational team or inviting a few friends out to a public park for a quick game.





Physical Benefits

Basketball develops physical fitness, as many sports do. However, the intense, fast-paced action of a typical basketball game simultaneously develops speed, hand-eye coordination and cardiovascular endurance in a way that sports such as baseball and softball might not. Moving quickly back and forth across the court develops lower-body fitness, while shooting, defending and passing develop upper-body fitness.

Weight Control

Playing basketball is an effective way to control your weight. A person who weighs 170 lbs. burns 617 calories playing a basketball game for an hour, according to the American Council on Exercise. Even if you don't participate in a full-court basketball game, you still can burn significant calories playing basketball. For example, a 170-lb. person who practices shooting the ball for an hour burns 347 calories.

Stress Relief

Playing basketball can provide stress relief. If you play a casual game with others, the camaraderie and competition will be a welcome distraction from your daily stresses. Other sports also might relax you, but unwinding with basketball doesn't require you to be a top athlete or collect a large group of people to play. Just taking practice shots by yourself at a local court gives you something constructive to focus on that has nothing to do with your hectic life.

Social Benefits

Culturally, basketball is an important sport in the United States. For youths, playing basketball is a healthy way to imitate their athletic heroes. For older individuals, playing basketball offers a way to engage in fun competition while getting regular, vigorous exercise. Basketball also provides constant social interaction, which benefits young and old players alike. Other sports, such as baseball, softball and soccer, often force players to maintain distant positions for long periods.

THE BATMINTON

When you sweat with a happy heart you build up a healthy you. Badminton is a fun active sport which is an easy game to practice with few painless rules. It boosts up your muscles, adds strength to the muscles, improves blood flow rate and the benefits are endless. Apart from physical benefits there are mental advantages of playing badminton too. To dive into the benefits of badminton is a vast ocean to explore on.

Badminton as a sport is comparatively easy, does not require an expensive gear or an elaborate court and can be simply played without getting into much details about the rules of the game. When you think of the benefits of playing badminton or stumble upon the thought of 'is badminton good for health', you'll quickly realise that the health benefits of badminton are not restricted to the body but also include your mind.





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- IMPROVES MUSCLE STRENGTH
 - IMPROVES HEART FUNCTIONING
 - IT HELPS TO REDUCE STRESS
 - IMPROVES FLEXIBILITY
 - BOOST YOUR METABOLISM RATE
 - STRENGTHEN YOUR BONE
 - IMPROVES MENTAL AGILITY
 - HELPS IN SOCIAL BEING
 - HELPS IN WEIGHT LOSS
 - DECREASES THE RISK OF DIABETES
 - REDUCE THE RISK OF DEATH
 - INCREASES YOUR LUNG CAPACITY

THE BOWLING

When thinking about bowling, our minds often fill with thoughts of fun nights out with friends, relaxing after-hours with co-workers, or even childhood birthday parties. So, it may surprise most to realize that bowling is also great exercise.

The best part is: there are almost no limits on who can bowl. It's a low impact, easy-to-learn sport, making it great for all ages, from young children to senior citizens. Some bowling alleys even have specialty lanes for people in wheelchairs and those who are visually impaired.





So, if you already love bowling, here are all the health benefits you can expect from

Burns Calories

The average bowler walks up to 60 feet every turn, which totals more than half a mile in a standard three-game series. Bowling burns anywhere from 175-300 calories an

Strengthened Muscles

The average bowling ball weighs around 14 pounds. When you repeatedly swing and release the ball, that 14-pound weight tones your shoulders, arms, chest, and legs. Gripping the ball itself strengthens the muscles in your hands. During a three-series game, you'll throw the bowl an average of 54 times.

Improved Flexibility and Balance

While we're on the subject of throwing a 14-pound ball, your strength isn't the only thing that will benefit from this repeated motion. The twisting, lunging, and stretching bowling requires improves your flexibility. Every time you extend your arm and body, your joints, ligaments, and muscles are extending with it.

Better Hand-Eye Coordination

Throwing a ball and striking a group of pins nearly 60 feet away requires a lot of hand-eye coordination. Think about it. In basketball, the half court line is 47 feet to the net – which means you're throwing a bowling ball further than NBA players going for that game-winning play.

Improved social life

Bowling is a social sport. Whenever you're not on the lane, you're usually hanging out with your teammates and friends. According to Psychology Today, people who socialize even once a week tend to have a stronger immunity, and are at less likely to suffer from depression and certain types of cancer.

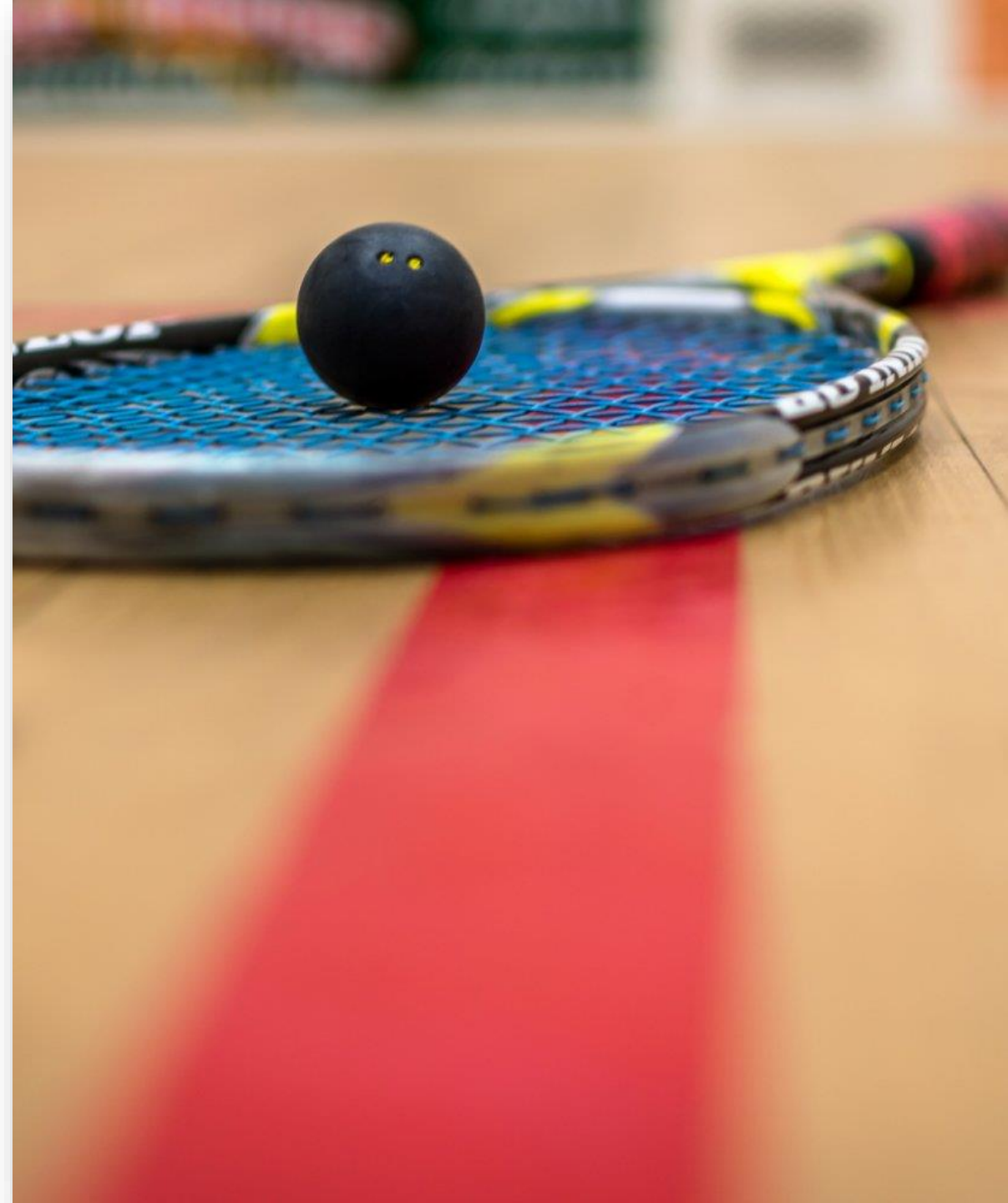
THE SQUASH

Squash is an indoor racquet sport, played by two or four players in a four-walled court with a small, hollow rubber ball. Squash can be a fast-moving sport that provides an excellent cardiovascular workout.

Although you need a partner to play squash, many squash centres and clubs offer friendly tournaments and games where you can meet and compete with other squash players.

Squash is suitable for all ages

Squash is a game that can be played at any age. It is easy to learn and there are modified games and equipment to suit every size and skill level. Squash can be played for leisure or as a competitive sport.





Health benefits of playing squash

In squash, a player can use a lot more energy than most other sports. Squash helps to:

improve cardiovascular health. A game of squash can see you running, leaping and diving for the ball

increase strength and fitness

maintain a healthy weight

increase flexibility and strength in the back

promote good coordination, agility and flexibility

build hand-eye coordination.

Squash also has many other benefits including:

improved general and psychological wellbeing

greater self-confidence and self-esteem

better social skills and an opportunity to make new friends

improved concentration

stress release

all-weather activity – as it's an indoor sport, weather conditions don't prevent you from playing.

THE TABLE TENNIS

Aside from being a fun way to spend an afternoon with your family and friends, table tennis also offers surprisingly great health benefits. Like most sports, table tennis offers great mind-body stimulation, aerobic exercise, and social interaction. Unlike many sports, however, the overall risk for injury with table tennis is quite low.





Some of the many health benefits of table tennis include:

Improving hand-eye coordination. An intense game of table tennis stimulates mental alertness and concentration and develops mental acuity.

Improving reflexes. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved.

It's easy on the joints. Table tennis is the perfect choice for people who had knee surgery, history of back problems.

It burns calories. Hate going to the gym? Try table tennis instead. It's a fun & easy way to burn calories.

It's a social sport. Social interaction is very important for mental health. In a world so connected through technology, people are feeling more and more disconnected from each other.

It keeps your brain sharp. Renowned physician, psychiatrist and brain imaging expert, Dr Daniel Amen, calls table tennis "the world's best brain sport" because it is highly aerobic, uses both the upper and lower body.

It improves balance. Staying balanced and being able to quickly change direction is key to being a good table tennis player. Table tennis helps you build strength, speed, and agility without risking serious injury. There a million of serious sports-related injuries every year in the United States, but with table tennis you can get all the health benefits of an Olympic sport without risking injury.

THE VOLLEYBALL

Whether it's the rush, adrenalin, speed, spikes, pure athleticism and challenging nature of the game, there is no disputing the power of volleyball and people's love and pure enjoyment of the sport. Since it's Olympic Games debut – Indoor Volleyball earned its Olympic status at the 1964 Tokyo Olympic Games while Beach Volleyball was officially included on the Olympic programme in 1996 – volleyball has continued to grow and is today considered one of the most popular sports in the world. And the benefits of the game are truly endless.

Volleyball is a great team sport that can be enjoyed by people of all ages and skill levels. One of the many benefits of volleyball is the fact that it can be played year-round in both an indoor and outdoor setting. Aside from the pure enjoyment of the game, there are several reasons why people play volleyball. It's a great bonding activity for friends and family. It acts as an alternative and highly effective way of reaching your fitness goals in a fun engaging way. Others simply love the game and play volleyball for pure enjoyment. Whatever your reason may be, the physical, mental and emotional benefits of playing volleyball are unparalleled.





TOP BENEFITS OF PLAYING VOLLEYBALL

Physical Benefits

- Improve Cardiovascular Health
- Improves Your Muscular System
- Improves Joint Health
- Weight Loss
- Improves Hand Eye Co Ordination
- Enhances Your Reflexes & Reaction Time
- Develop Agility, Speed, Coordination, Stamina & Flexibility
- Improves Core Strength, Flexibility & Speed
- Improves Muscular Stabiliser Strength
- Increases Your Metabolic Rate
- Enhances Your Aerobic Capacity
- Enhances Energy Levels

Emotional Benefits

- Improves Interpersonal Skills & Builds Teamwork
- Social Interaction & Enhanced Sense Of Happiness & Belonging
- Reduces Stress & Anxiety
- Improves Your Mood
- Develops Self Esteem & Boosts Confidence
- Sportsmanship
- Leadership
- Communication Skills
- Cognitive Stimulation & Functioning
- Enhances Sleep & Alertness
- Great Way To Meet People
- Take Initiative
- Develop Emotional Connections
- Teaches Accountability
- Motivation & The Drive to Succeed
- Treatment & Rehabilitation

THE BILLIARDS

A lot of people love playing billiards, as it is a great way to improve your own skill, or simply pass the time with friends. However, there's more to playing billiards than you might think, and we don't just mean technique.

Playing billiards actually has some health benefits. While you may not have thought about that aspect of the game before, you could be doing your body and mind a favour the next time you pick up a cue.





Health Benefits of Playing Billiards:

You'll Burn Calories

Billiards Builds Focus

Improves Critical Thinking Skills

Billiards slows aging in men

Improves stretching, balancing power

Sharpens your mind

Improves hand-eye coordination greatly

Provides fun for all, regardless of age

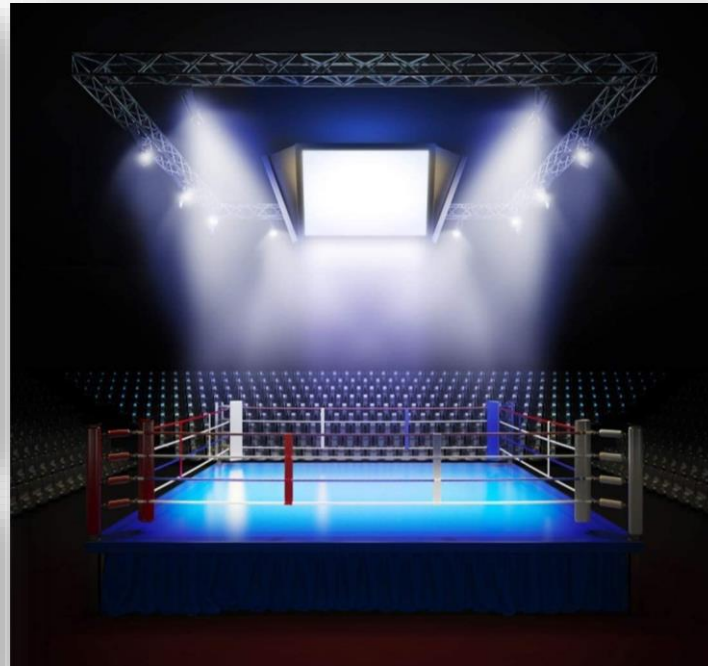
Billiards tones up your muscles

Cognitive skills get vastly improved

THE BOXING

When you think of boxing, you may picture greats like Rocky Marciano duking it out with Jersey Joe Walcott. But boxing isn't just a sport anymore. It's also a popular way to stay fit among older adults, through a version known as fitness boxing. There's no getting into a ring or taking any punches, so there's no risk of head trauma. Instead, fitness boxing has adapted the movements of the sport into exercise routines. "This kind of boxing has many health benefits, because it constantly requires you to think, change your position, and change your posture," says physical therapist Linda Arslanian, director of rehabilitation services at Harvard-affiliated Brigham and Women's hospital.





There's no proof that fitness boxing is superior to any other types of exercise, but it does have many health benefits. One is strength. "You're swinging your arms, moving the muscles of your arms and shoulders, increasing your upper-body strength. And when you're in the boxer crouch with a wide stance, with your knees slightly bent, you're strengthening your core muscles, back, and legs," says Arslanian. Stronger muscles make it easier to get up out of a chair or carry a bag of groceries.

Fitness boxing is also a great aerobic exercise. Aerobic exercise gets your heart pumping and helps lower the risk of high blood pressure, heart disease, stroke, and diabetes. It can strengthen bones and muscles, burn more calories, and lift mood. Aerobics can also boost your endurance, which helps you climb a flight of stairs or walk farther.

Plus, aerobic exercise is associated with improvement in certain brain functions. Arslanian says boxing in particular is well known for improving eye-hand coordination, especially if you're sparring on a bag, hitting padded targets, or just "shadow" boxing. "There are studies that show trying to hit a target with your hands improves eye-hand coordination and possibly makes you feel more alert and attentive," she explains. Better eye-hand coordination may also translate into an easier time picking up a pill or a pen.

And one last benefit of fitness boxing, if you are able to stand while doing it: better balance. "You're changing your position and challenging your balance. The more you do that, the better your balance reaction becomes," says Arslanian. "If you encounter a crack in the sidewalk, you may be more successful protecting yourself, because your strength and reaction time may have improved."

THE SWIMMING

Swimming has been called the perfect exercise. After all, you can get all of the benefits of an aerobic workout without any damaging impact on joints, and it can be done by both the very old and the very young.

It is utilized by athletes to stay strong and keep fit when recovering from injury, and there is no fancy equipment needed—just you and the deep blue.

Swimming has many more benefits than those obvious advantages seen on the surface; its improvements to overall health go much deeper. So, let's take a big breath, and dive into the 10 benefits of swimming:





-
1. Swimming improves muscle definition and strength.
 2. Swimming builds up bone mass.
 3. Swimming helps you stay flexible.
 4. Swimming reduces inflammation.
 5. Swimming holds its own for calories burned.
 6. Swimming can improve exercise-induced asthma.
 7. Swimming lowers stress and depression.
 8. Salt-water swimming can be a beauty treatment for skin.
 9. Swimming can make you smarter.
 10. Swimming may just lengthen your life.

Feeling motivated to grab those goggles now? The water's great! Jump on in:



KIDS INDOOR WORLD

THE KIDS INDOOR WORLD

Indoor activities for kids have always been a debate. When it comes to outdoor activities, actually no one questions about it, but indoor games are always under scrutiny. With the emergence of technology-based learning toys like Skippy, indoor games for kids have become fun again.

Apart from this pandemic where social distancing is the new normal, many other factors in the society and environment support indoor activities for kids. Rising pollution, lack of space in metro cities also questions the outdoor play. And hence a large percentage of parents are moving them into indoor activities for their kids. Here we will discuss some of the best benefits of indoor activities for kids that make it better than outdoor activities.





The myth around the health and indoor game is all around the corner, but in reality, indoor games have nothing to do with health. It is always about laziness, but when interesting activities and games are handed over to the kids, they become active. Normally I would say that indoor games can be classified under two categories they are with physical movement and physical movement. I would tell you that both are good at their sides.

Physical movement helps children to be active and to have strong muscles. Indoor games with physical movements like Ping-Pong and tennis helps to improve hand-eye coordination. On the other hand, indoor games without physical movements like chess, carom, and other educational toys or indoor games for kids help to improve creativity and brainpower. So, both have their goods and bad on their side.

Looking at the advantages of indoor activities for kids, I hope that you should have been convinced that there is nothing wrong with the indoor games for kids. And at the same time, we cannot say that outdoor games are also equally good. But the thing is lack of outdoor facility, rough weather; security concerns, and lifestyle have adopted indoor games and activities.

Indoor games are often thought of as inferior to outdoor games when we consider the health benefits of playing sports. However, this belief cannot be further from the truth. In addition to that much cherished family time they provide on cosy Sunday afternoons, indoor games have a lot more to offer. They have a plethora of benefits, some of which most people are unaware about. So, let us take a deep dive into the world of benefits that indoor games provide us with.



1. Keep stress at bay

At a time when most of us are working from home, stress, laziness, and boredom have become our inevitable companions, and this is where indoor games come in as our savours. Playing indoor games helps us to stay fit and healthy, not only physically but mentally as well.

2. Reconnect with your family

Okay let's face it, our generation is perennially stuck between work and social media. We rarely speak with our family; and even if we do, it is all just menial talk. The pandemic, though, has given us an opportunity to reconnect with our loved ones. We are able to spend more time with them

3. Develop and nurture your cognitive skills

Cognitive skills are vital to our performance as employees and to understand the world around us better. But as we become busy with our work life, we rarely set aside time to fine tune them

4. Increase your productivity

Better cognitive skills translate to higher productivity. There is a direct relationship between our mental state and our work performance as well. As indoor games help improve our cognitive skills and reduce stress, they indirectly help us be better at our job

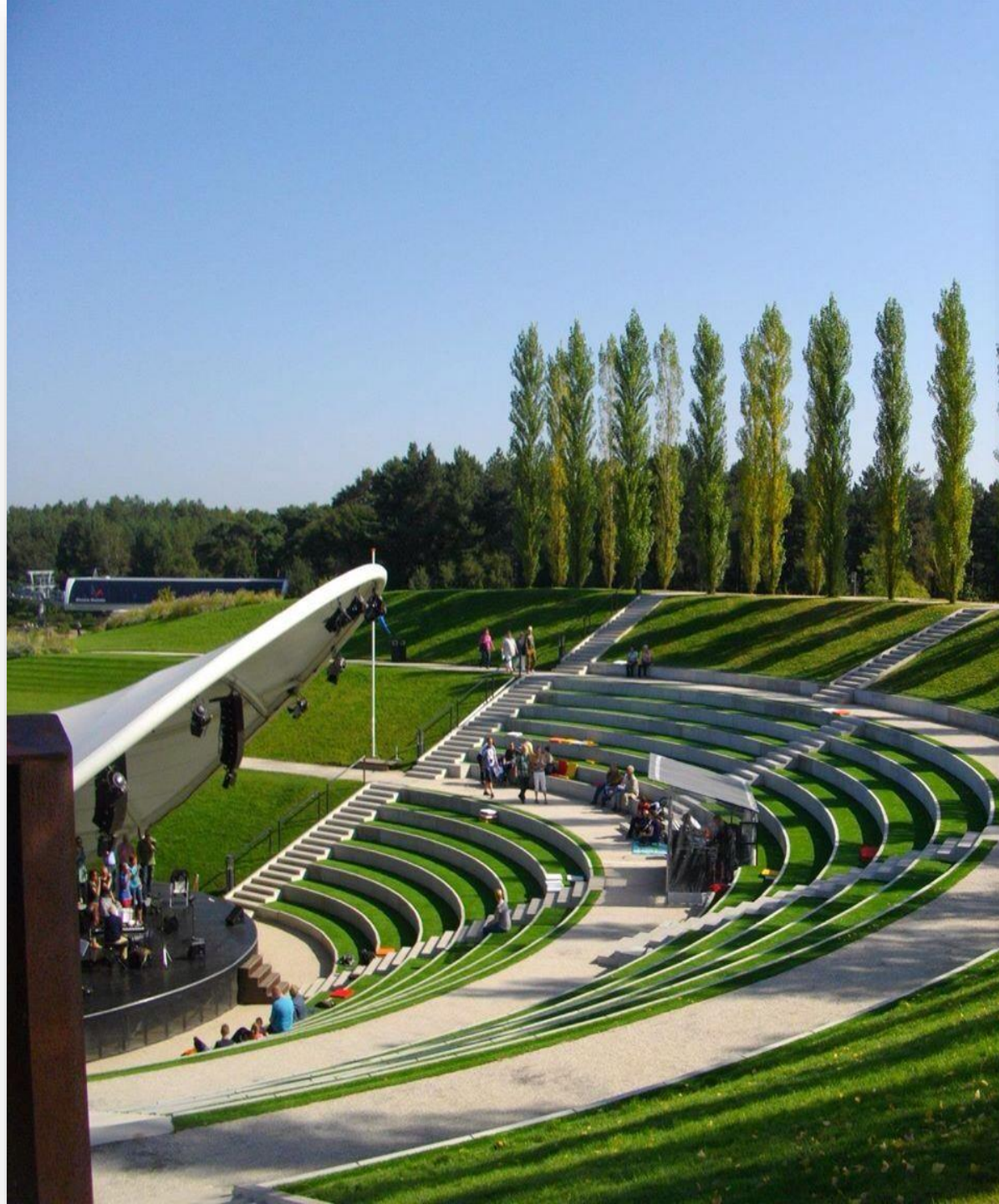
5. Benefits for kids

Indoor Sports give wings to creativity. For today's generation of children, creativity has expanded beyond the classroom and extends into the environment where they live and play

6. Play anywhere, anytime!

Arguably one of the greatest benefits of indoor sports is that you can play them anywhere, at any time, and with anyone!

THE AMPHI- THEATRE

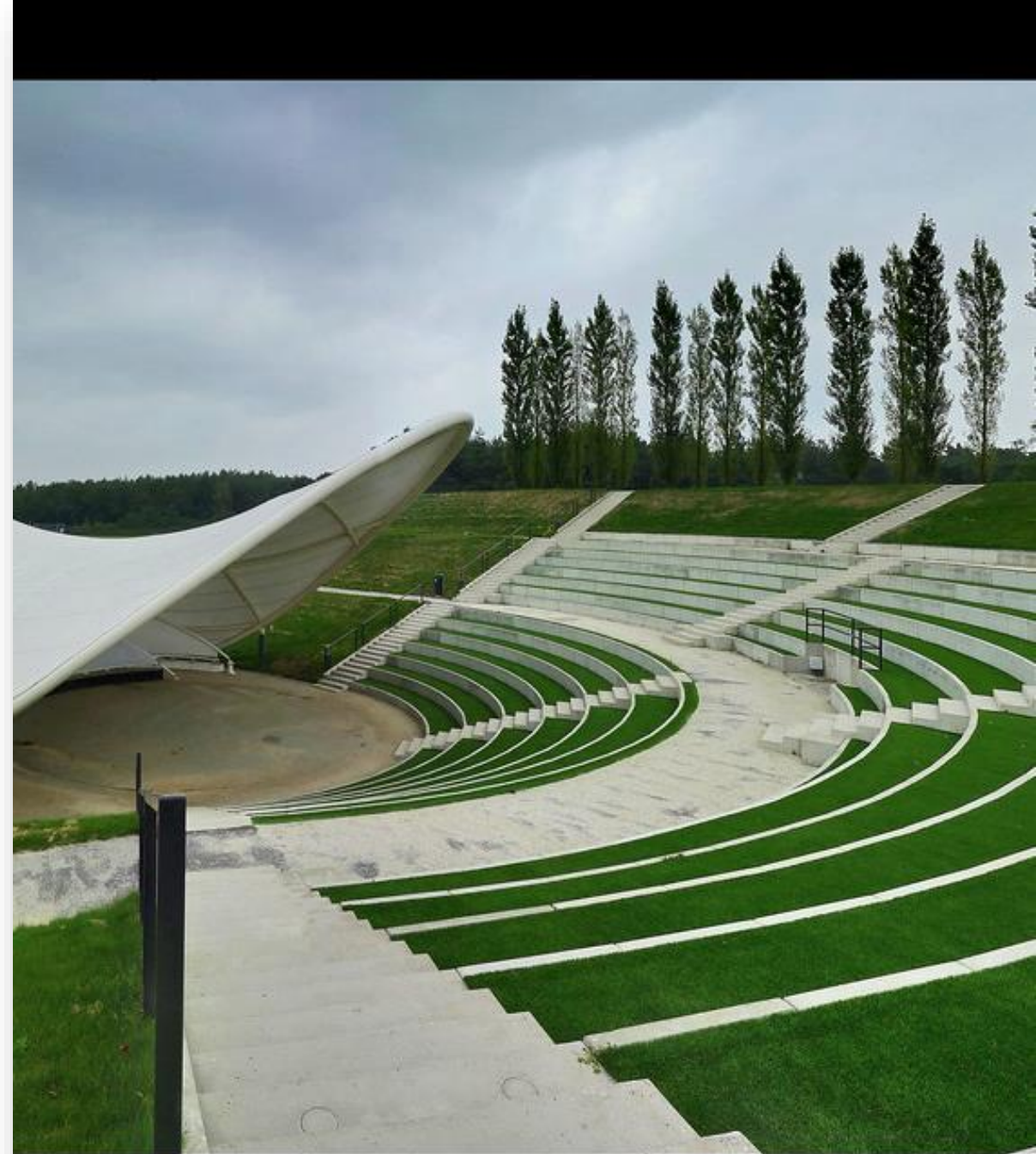


THE AMPHITHEATRE

The Colosseum in Rome is the largest Roman theatre-in-the-round. It is one of the world's most famous buildings, and it is now two thousand years old.

The Colosseum is an amphitheatre (pronounced am-fi-theatre), meaning that there is seating all around. Notice that it is not like a theatre where there is a stage at one end. So, before we look in detail at the Colosseum, let us first find out how amphitheatres came to be, and what their features are.

The word amphitheatre comes from the Greek, which means "a place for viewing on both sides". An amphitheatre is more like a modern stadium or an Ancient Greek stadium, an open-air place for games with seating in rows of benches all around the main stadium area, but rather than races, the amphitheatre was for entertainment.





The Ancient Greeks were the first people to build open-air places for entertainment. For their theatres they used natural hollows in hillsides. As a result, they were semi-circular, with the seating on the slopes of the hill and the stage on the open side. In this way the natural landscape was the backdrop to their plays and other kinds of entertainment.

The use of hillside hollows meant that many places simply could not have theatres. However, by Roman times, people were able to design free-standing theatres which could be put anywhere. They then extended the idea and built amphitheatres. An amphitheatre was designed for a different purpose to a theatre. It was a place of grand spectacles. The Romans also had long oval racetracks, which they called circuses, as well as the relatively small Greek-style athletics stadia (plural of stadium).

In modern usage, an amphitheatre is a circular, semi-circular or curved, acoustically vibrant performance space, particularly one located outdoors. Contemporary amphitheatres often include standing structures, called bandshells, sometimes curved or bowl-shaped, both behind the stage and behind the audience, creating an area which echoes or amplifies sound, making the amphitheatre ideal for musical or theatrical performances. Small-scale amphitheatres can serve to host outdoor local community performances.

THE CONVENTION CENTER



THE CONVENTION CENTER

In today's hyper-connected digital world, workers spend their days communicating with their peers via email, text and instant messaging, phone, and video chat. And yet, as productive as many of these digital connections are, the need for personal face-to-face interactions remains incredibly strong.

The CONVENTION CENTRE is one of the main building at the GOLF OMAN– the showpiece of the project.

The key advantage of the halls in the Convention Centre is their versatility: they can be transformed in various ways.





The Convention Centre is furnished with state-of-the-art equipment

Total Built-up area of 15,000sqm

Possible uses include:

- International conventions and forums
- conferences
- exhibitions
- presentations
- concerts and shows
- film screenings
- buffets and banquets
- corporate events and meetings

The Convention Centre has:

- 25 conference halls (total capacity 10,000)
- main halls with a capacity of 4,000-2,000
- a media centre (2000 m²)
- a restaurant with panoramic views of the city on Level 7 (seating capacity 300)
- lounge areas in the passage (250 m² each)

THE OUTDOOR SPORT WORLD





THE OUTDOOR SPORT WORLD

7-A SIDE FOOTBALL

BEACH VOLLEYBALL

THE CYCLING

GO KARTING

PADDLE TENNIS

THE TENNIS

THE OUTDOOR SPORT WORLD

We're living in the 21st century where technological breakthroughs are taking over. However, everyone would agree it has its pros and cons. Mobile phones, computers and internet have made everyone's lives better. But it's undeniable that all these new-tech devices have caused a few other activities to be pushed aside. If you walk around the streets, you'll notice that the majority of the people are on their smartphones. It's almost liked these gadgets have alienated people from each other.

The good thing about these latest gadgets is that people get so used to them, they end up encouraging themselves to take a break from them or go on a social media detox. Which means they'll keep their hands, eyes and ears away from technological devise and switch their focus to other things. One activity people who go through a detox love doing is exploring the great outdoors. People go out in nature with the idea of not being interrupted by a text message or phone call.





What are the personal benefits?

Physical benefits

It doesn't matter what type of outdoor activity you do; it'll entail some form of physical movement. Whether it's running up a mountain, playing a sport or just going for a walk to the park, every activity will encourage physical exercise, which is good to improve one's well-being. A walk in the morning before a busy day is a great idea. Not only will you up your physical game but also catch some vitamin D from the sunlight. You can make this a family activity and engage in simple games as they can develop physical agility and proper body coordination.

It's good mental exercise

While camping, hiking, backpacking or running up a mountain, your physical body parts aren't the only things being exercised. Even your mind can benefit a lot from these physical activities. When out in nature, you can clear your head and switch off from the rest of the world. And when using a map to find your way through a particular area, it encourages a healthy mindset. So, while you explore the great outdoors, your mind is free to explore your thoughts.

Personality development

We're living in a fast-paced world and it can wear a person down. Exploring the outdoors, on the other hand, will allow you to free your mind from the stresses and demands of your busy life. You should consider going away for a weekend and spend time at a camping site. It'll encourage your sense of adventure. Your mind will also be taken away from the hustle and bustle of the corporate jungle. You're likely to develop your self-confidence and creativity by making things around you interesting.



How will it benefit your work environment?

Improved behaviour

When spending time outdoors, you're likely to explore it with a group. Hiking up a mountain, camping or doing a sport-related activity will require you to work in a team. Many companies also promote outdoor team building as it can motivate employees. As you come in contact with other people, specific behaviour can be developed. It's important to learn how to act in front of a large crowd or work together with a team

Better social skills

Many might not think about this but the outdoors is a great place to develop one's social skills. Becoming involved in these different outdoor activities will allow you to meet new people and interact with them. You should do stress-relieving activities with other people to break away from your busy life. You'll be allowed to bond with them and develop a strong sense of community.

Increased work productivity

If you engage yourself in regular outdoor activities, you're likely to be more relaxed while active at the same time. You'll react better in stressful situations and also exhibit high productivity. Waking up a few minutes earlier in the morning to go for a walk will make you feel fresh and productive for the rest of the day. And a short walk before dinner once or twice a week won't do any harm.

The new technological lifestyle might have taken over but there'll always come a time when it'll wear everyone down. Therefore, it's important to maintain a particular balance of keeping in touch with the real world. You should explore the great outdoors as it certainly presents a wonderful opportunity.

7-A SIDE FOOTBALL TURF

Seven-a-side football is one of the variations of association football, and a version of Mini-football which is played among seven players in each team. The game consists of one goalkeeper and six outfield players.

It might be controversial but here goes: 7 a side is better than 11 a side *runs for cover*. To be fair they're not completely comparable. 7 a side is often a more relaxed affair, whereas 11 a side is normally always a competitive game, i.e. league or cup, and is actually 'proper' football in the sense that it's what the pros play. In fact, in the UK there are now more people playing small-sided games like 7 a side than 11 a side, which isn't a great sign for grassroots football but shows the growing popularity of small-sided football. Anyway, here's 5 reasons why 7 a side beats 11 a side:





You get to play more

Although some people throw themselves into small sided games for fitness reasons, more on that later, the reason people play football of any format is because they actually want to play.

Plenty of touches in 7 a side football

Although he's just as annoying, the guy who doesn't pass is more effective. In every type of amateur football there's always that one guy who doesn't pass and instead just wants to dribble through all the opposition. If you can't think of who it is on your team, then sorry, but it's probably you. However, in 7 a side this player is more useful and effective as there are simply less players to beat.

It's easier to fit into a busy schedule

This is where 7 a side comes in. Since it's a more intense game than it's 11 a side brother, games will always be shorter than an 11 a side match, in fact they'll often take up the same amount of time as just one half. Therefore, it can be easier to fit a game of football into your busy schedule.

Better for your fitness

Now I could tell you that due to smaller pitches, 7 a side has less running. To be honest it could be true, I mean you do use smaller pitches. In terms of getting fit however, 7 a side is actually better than 11 a side. Instead of running up and down a full-size pitch, you do intense, short bursts of running.

No mud-baths

7 a side is, thankfully for those from the UK, a game played on AstroTurf or 3G rubber crumb pitches. That means no mud-baths. Ultimately, regardless of the weather (within reason) you can play 7 a side, which is all we want really.

THE BEACH VOLLEYBALL

It's no surprise that beach volleyball has become one of the most popular summertime activities. Not only is it a great way to bond with friends and spend time outdoors, but the sport also offers numerous health benefits. From cardiovascular exercise to muscle conditioning, the demands of the game and the unique qualities of the sand court work together to create an intensive, full-body workout. At City Beach, we offer volleyball programming throughout the year, including beach volleyball leagues and clinics. Today, we share some of the health benefits of the sport.





Cardiovascular Exercise

Traditional, indoor volleyball is known for its intensive cardiovascular workout. The demands of the game force players to jump and sprint, increasing their heart rate and endurance. In beach volleyball, the sand court creates resistance. This increases the intensity of the cardiovascular workout, which burns more calories. Over time, sand volleyball players develop excellent endurance and stamina.

Conditioning

Resistance is one of the key components to gaining muscle tone. By playing volleyball in the sand, beach volleyball players are forced to work their legs twice as hard as they would have to on a traditional indoor court. This strengthens and tones the muscles and creates an intense, full-body workout.

Improves Agility

It can be a challenge to maintain your balance and stability on a sand court. With the sand constantly shifting under their feet, you are forced to quickly change your position, whether you are conscious of it or not. This increases your heart rate and activates your “fast-twitch muscles,” muscles which are often neglected in most exercise routines. If you are hoping to improve your agility on the indoor court, consider playing sand volleyball in the off-season.

Provides an Outdoor Social Activity

Spending too much time indoors can be detrimental to your mental or physical health. In fact, living a sedentary, indoor lifestyle is shown to increase symptoms of depression and anxiety. Luckily, beach volleyball provides an opportunity to get outside, get some exercise, and make new friends. The sport has a reputation for being a spontaneous activity where pick-up games are common.

THE CYCLING TRACK

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.

Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day – for transport, recreation and sport.





Cycling for health and fitness

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:

Low impact – it causes less strain and injuries than most other forms of exercise.

A good muscle workout– cycling uses all of the major muscle groups as you pedal.

Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.

Good for strength and stamina– cycling increases stamina, strength and aerobic fitness.

As intense as you want– cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.

A fun way to get fit– the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.

Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

Health benefits of regular cycling

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level

THE GO KARTING

Kart racing or karting is a variant of motorsport road racing with open-wheel, four-wheeled vehicles known as go-karts or shifter karts. They are usually raced on scaled-down circuits, although some professional kart races are also held on full-size motorsport circuits. Karting is commonly perceived as the stepping stone to the higher ranks of motorsports, with former Formula One champions such as Sebastian Vettel, Nico Rosberg, Ayrton Senna, Lewis Hamilton, Michael Schumacher and Fernando Alonso having begun their careers in karting.

Karts vary widely in speed and some (known as super karts) can reach speeds exceeding 161 kilometres per hour (100 mph), while recreational go-karts intended for the general public may be limited to lower speeds

American Art Ingels is generally accepted to be the father of karting. A veteran hot rudder and a race car builder at Kurtis Kraft, he built the first kart in Southern California in 1956. Instantly popular, Karting rapidly spread to other countries, and currently has a large following in Entire World.





Good news, there are many health benefits to go karting, so suit up and let's race into a healthier year for you, according to an article in Health Fitness Revolution, here are the top 10 Health Benefits of Go Karting:

Fun activity: Go karting doesn't need any prior experience, but it is just as challenging as learning a new sport. Children can learn safety rules and how to manoeuvre a car by driving a go-kart. This can later prepare them for driving an automobile.

Safety: Go Karting is a safer option for beginners who are interested in racing. It can be both an indoor or an outdoor activity. Go Karting also comes with a lot of safety rules and if all the rules and regulations are followed correctly, it can be a very safe activity for all ages. This can teach kids of all ages how to follow and abide by road rules.

Better reflexes: The Go-Kart race track is laid out in many tricky patterns. One minute it's a straight road and then it twists and turns in many different ways. While racing with a go-kart, you have to learn how to manoeuvre through the track without losing control or crashing into others

Controlling a car: Being able to control your go-kart while paying attention to your surroundings will make you a better driver in general.

Connect with your family: Go karting can be a great activity for all family members. Children can drive with their parents or other family members. Including your entire family on a team sports can not only be fun but it can also bring your family closer.



Adrenaline: While on the race track, right before the light hits green you get a sudden adrenaline rush because of the thrill and excitement to race. This rush can make you feel more alert as well as sharpen your senses. It can increase your heart rate, dilate blood vessels, and open-air passages which will allow all your cells to receive more oxygen.

Team building experience: Go karting can be a great way to get all your employees or your group to interact with each other. It puts everyone in a fun, interactive environment with no worries. Team building helps strengthen relationships, thus putting everyone in a better mood to work with each other.

Fun for all ages: Whether you are 10 years old or going on 60, go karting can be a fun experience for all ages.

Confidence builder: Go Karting can be a great confidence booster when you learn the tricks like vehicle control, driving techniques, and other skills. Although it is a fun and light sport for everyone, winning the race can be a great confidence booster as well.

Career starter: Most racers start off with go karting because of the simplicity of it. Since it is a pretty small vehicle, it is also easy to transport. A go-kart is also not as complicated as a racing car, so the minor or major fixes can usually be done by the individual except for engine rebuilding, which needs to be done by a professional. Go Karting is a great outlet for those interested in racing because it's simple, cost-efficient and a safer way to start training for the real race tracks. If racing is your passion, go karting is a great starting point for beginners.

THE PADDLE TENNIS

Paddle tennis, small-scale form of tennis similar to a British shipboard game of the 1890s. Frank P. Beal, a New York City official, introduced paddle tennis on New York playgrounds in the early 1920s. He had invented it as a child in Albion, Mich. It became popular, and national championship tournaments are still held in the United States. Platform tennis, a later development, is sometimes called paddle tennis.

Instead of rackets, short-handled, rectangular wooden bats, or paddles, are used with a slow-bouncing ball of sponge rubber. Courts, about half the size of regulation lawn-tennis courts, at first were 39 by 18 ft (11.9 by 5.5 m), about one-fourth the size of a regulation tennis court. Adults used a court measuring 44 by 20 ft. In 1959 the United States Paddle Tennis Association (founded 1923; until 1926 the American Paddle Tennis Association) enlarged the court to 50 by 20 ft and revised the ball and the rules to speed up the game.

Rules and scoring are similar to tennis, except that adults are allowed only one serve. If it is a fault, the server loses the point.





Here are the seven benefits of paddle.

1. It is a sport for all ages

It does not matter if you are young or if you start practicing it with more age, paddle adapts to the characteristics of its players and that can be easily practiced at any age

2. Eliminates stress

Yes, you heard it right it eliminates stress. Playing paddle will allow you to find the perfect formula to disconnect from the outside world.

3. Improve your coordination and reflexes for tennis

We all know about the importance of hand-eye coordination. Paddle is a sport of coordination and reflexes so with each practice you will be able to work on these qualities.

4. Forget those weather predictions

This sport and made it such that it can be played outdoors all year round. Therefore, the weather will not prevent you from practicing your favourite sport outdoors even in the winter!

5. Tone the muscles

Like all sports, the practice of paddle will help you achieve lean and toned muscles, especially on the legs and buttocks, although the arms, waist and will be strengthened greatly since you will be moving constantly.

6. Helps strengthen the heart

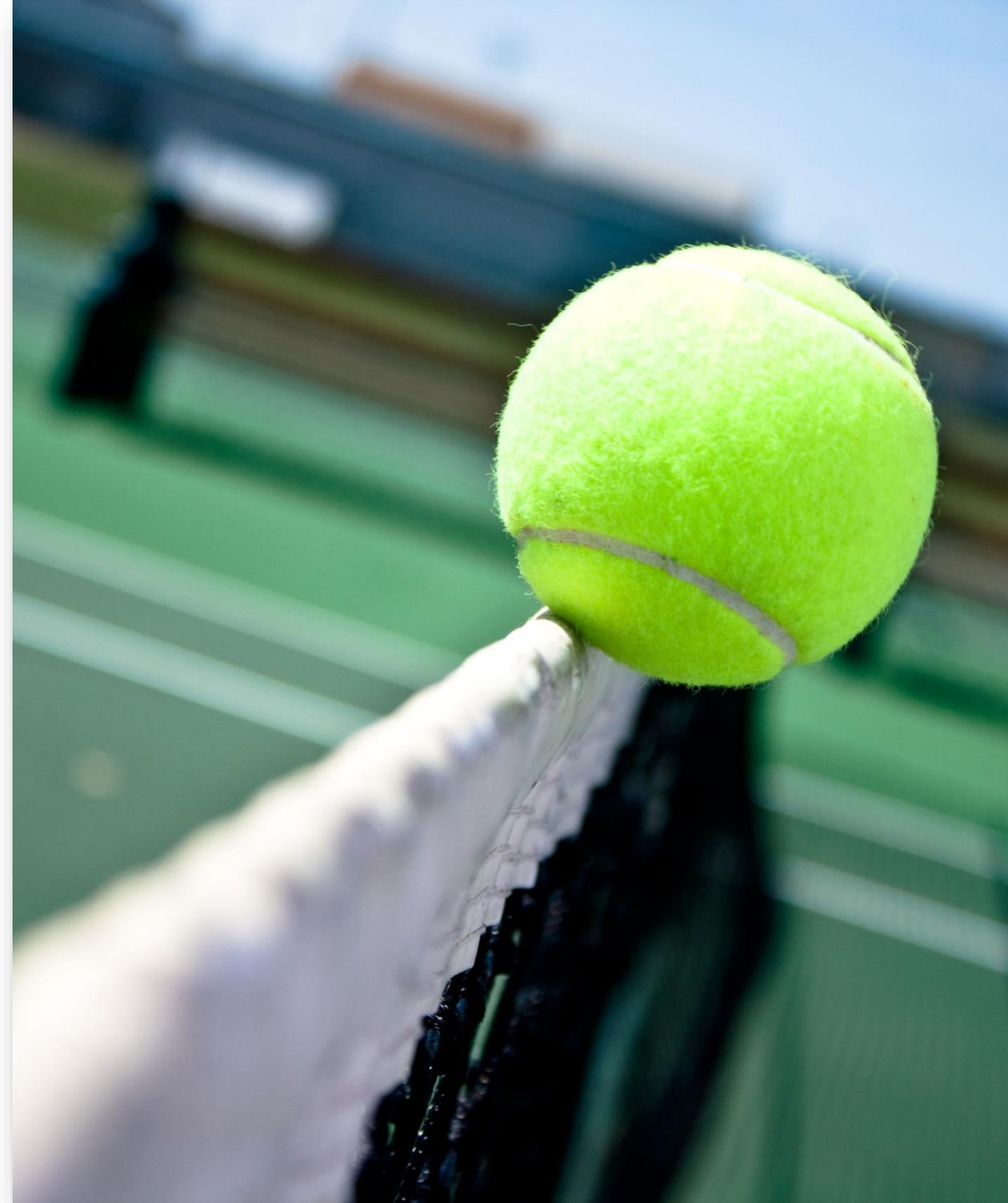
Paddle is an aerobic exercise, so, like all exercises of this form, doing it in a moderate way will help you strengthen your heart and keep it healthy.

7. It is fun & fast-paced

Being such a social sport, paddle is very fun. Paddle will allow you to laugh and enjoy at all times.

THE TENNIS

Whether you've never picked up a tennis racquet in your life, or yours has collected some dust over the years, it's never too late to get into the game and experience the benefits of playing tennis! Here are 7 ways participating in tennis can improve your overall health, wellness, and happiness!





7 Benefits of Playing Tennis

The Perfect Social Activity

Tennis can be played as doubles or singles, but either way you have to play with another person. Being able to socialize with opponents and partners is a huge benefit of the game!

Boosted Brain Power

Think of tennis as a zero-calorie brain food! Playing tennis can improve critical thinking, mental alertness, and tactical thinking by making connections in the brain.

Fight and Prevent Disease

Tennis helps keep your lipid profile in check, keeping cholesterol low. This can decrease your chance of suffering from stroke, hypertension, and cardiovascular issues.

Improved Agility, Flexibility and Balance

Tennis is a sport where you are constantly moving, changing direction and stretching your body. By playing tennis on a regular basis, you will also notice an improvement in agility and flexibility.

Weight Loss

Tennis is a great cardio workout, especially if you're playing singles. You're constantly running, pivoting, stretching, and moving every inch of your body.

Stress Relief

We all have stresses in our lives—but tennis is a wonderful way to help combat that stress! The problem with simply going for a run or jumping on an elliptical is you still have the ability to let your mind race. Think of it as a little vacation for your brain!

It's a Life-Time Sport

Unlike most sports, tennis can be played at any age. You don't see many 60, 70, or even 80-year-olds playing tackle football or running up and down a soccer field. But many retirees still play and enjoy the game of tennis.

THE WATER WORLD





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THE WATER WORLD

JET SKIING

PARASAILING

RIVER RAFTING

SURFING

TUBING

WAKEBOARDING

WATER POLO

CANOEING/ KAYAKING

YACHTING

ARTIFICIAL FISHING LAKE

THE WATER WORLD

Water Sport is increasingly gaining popularity in recent times. Apart from the adrenaline rush while getting toned and tanned, there are several other health benefits of water sports. You'll be inclined with nature since all water sports activities are performed outdoors. If you're very conscious of your health, you'll be glad to learn about the following health benefits of water sports.





PHYSICAL AND MENTAL HEALTH BENEFITS OF WATER SPORTS

1. Boosts Your Mood

Exercise is well-known for lightening your mood as it releases endorphins. When you pair this with the sea, it can further improve your temperament because the calm and soothing waters spread positivity. The water can make you feel light, and your muscles can relax; this level of tranquillity can be great for your mental health.

2. Beneficial For Your Joints

Specific forms of exercising can cause discomfort on your joint, for example, running on a treadmill. In the sea, this is not the case, because the water can take your weight and loosen your muscles. The weightlessness you feel and calming nature of the sea can soothe your joints and have a positive impact on your entire body.

3. Decreases the Chance of Chronic Diseases

Remaining energetic can help prevent the chances of chronic diseases. As water sports allow you to burn calories from every part of your body in the most natural way, without being too strenuous and tough on the body. Getting active in the water can increase your metabolism, which, in turn, increases the intake of fluids and food. It can steer people away from binge eating, and instead, keep a steady and balanced diet. In addition to this, if you have diabetes or heart disease, lifestyle changes are essential, and water sports are a great addition.

5. Encourages Teamwork

Most water sports involve teams, for example, rowing, and this can be a great help in improving both teamwork and confidence. Furthermore, they are often a brilliant way of socialising and meeting new people. Friendships can be made through water sports because they are often group classes. Through this, you can gain confidence and also, respect for others as you will likely have to work in groups and help one another out in some aspect.

THE JET SKIING

Jet Ski racing is a water sport similar to powerboat racing, in which riders use jet skis to compete. The sport is mostly practiced at a recreational level in several countries around the world. At a competitive level, Jet Ski racing is popular in the United States and Australia.

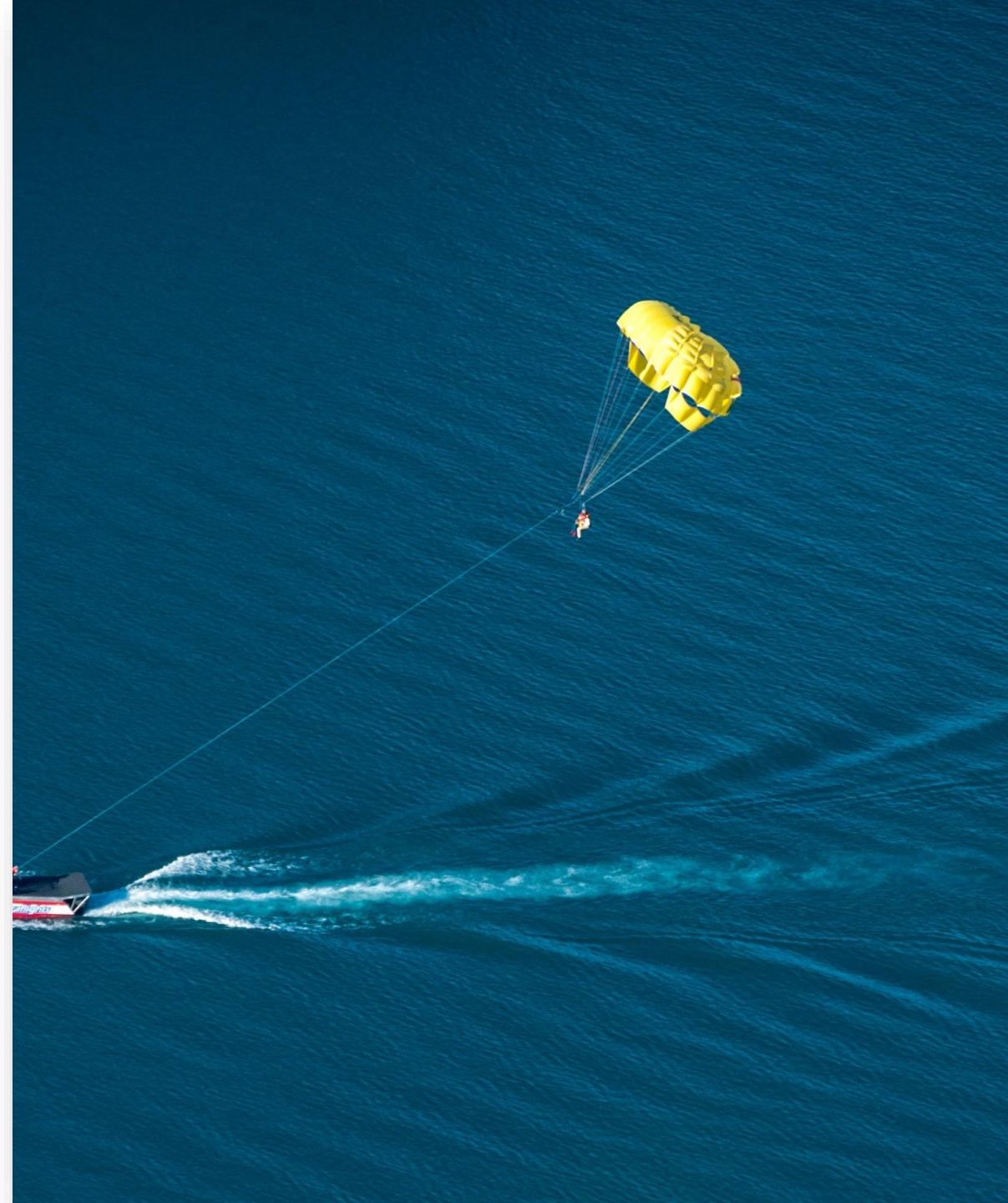
Jet skis have been described as motorbikes on water. Jet skiing is one of the most popular marine activities. Typically, Wave runners are the most popular choice to include with your boar rentals. They allow you to accelerate, reverse, and control your speeds. Of all the water sports, this is probably the best one to start with if you're new. It's safe to manage and fun to learn new tricks. Skim over the water and enjoy the beautiful views!





THE PARASAILING

Parasailing is a recreational kiting activity where a person is towed behind a vehicle (usually a boat) while attached to a specially designed canopy wing that reminds one of a parachute, known as a parasail wing. The manned kite's moving anchor may be a car, truck, or boat. The harness attaches the pilot to the parasail, which is connected to the boat, or land vehicle, by the tow rope. The vehicle then drives off, carrying the parascender (or wing) and person into the air. Up to three people can parasail behind it at the same time. It's also one of the coolest things to do !





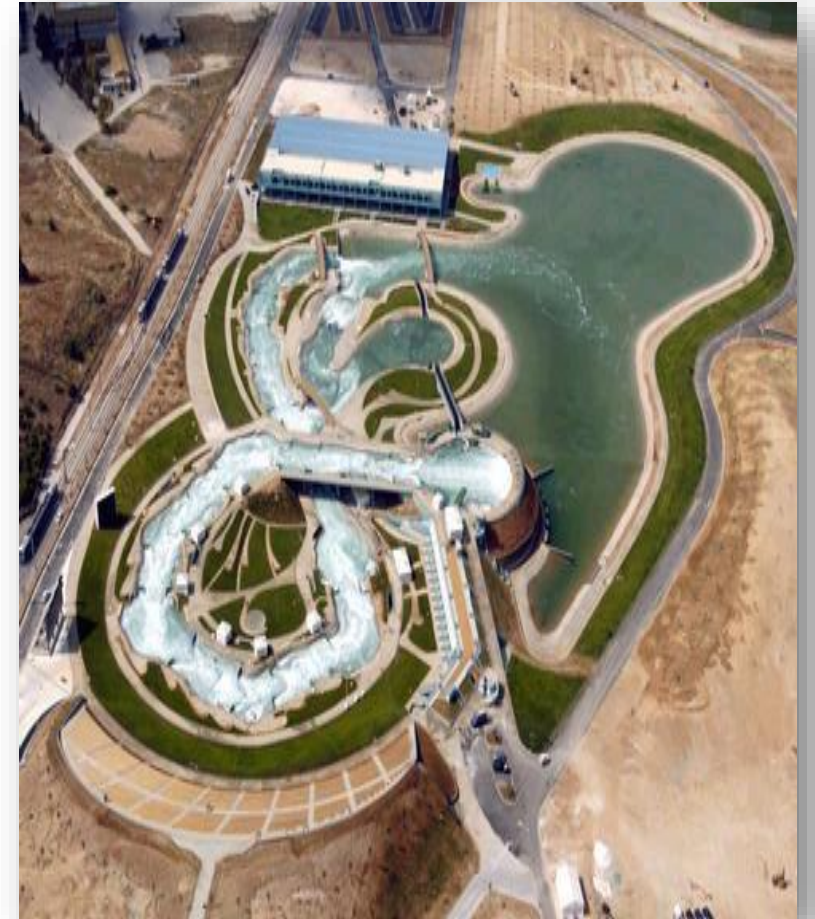
THE ARTIFICIAL RIVER RAFTING

You'd think that part of the ability to go white water rafting would be going to where the rivers with the white water rapids were. But nope! If you're just in it for the excitement of the rapids, there are several man made rapids in places where rivers can't be found for miles. Here are some of them, in no particular order. The recent development of the sport of rafting on artificial venues, both in terms of competition and in terms of leisure, adds two important elements of sustainability.

First, it allows rafting to go out of its initial environment (natural rivers, remote areas, expeditions...) and to open up to a broader public, with a clear possibility of improving its participation basis and providing more visibility to the sport in urban and more populated areas.

Second, it can provide a solid financial sustainment of Whitewater venues used for slalom, downriver and river safety. In fact, the construction and maintenance costs of urban artificial Whitewater venues is consistently higher than the income produced by such venues if these are only used for competition/training purposes.

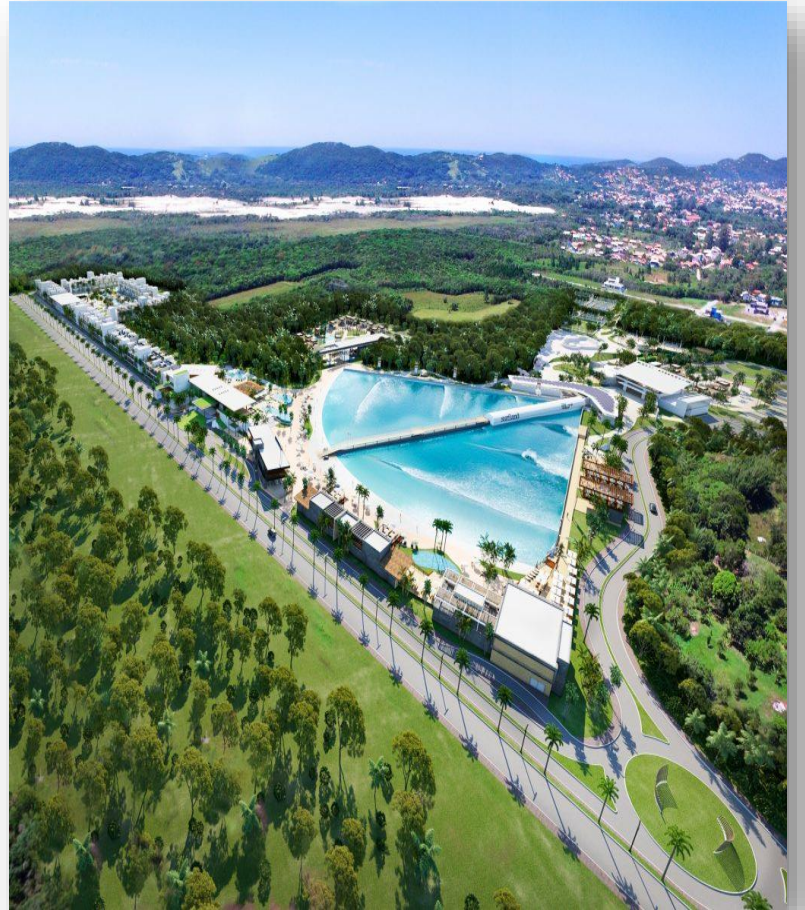




THE SURFING

The Wave is the first inland-surfing destination of its kind, where people of all ages, backgrounds and abilities can experience the joy of surfing and its many physical and mental health benefits. But it's not just about surfing. It's about getting back to nature, improving health and well-being, connecting with other people, enjoying great food and drink, and having a load of fun in the process!





THE TUBING

Water tubing is one of the easiest water sports you can try. Boat tubing doesn't require nearly as much agility, balance, or strength as water-skiing or wakeboarding—in fact, we'd say the number one requirement of water tubing is that you're just able to hang on and have fun





THE WAKEBOARDING

Wakeboarding is an extreme sport performed on water. The rider is fastened to a board and towed behind a motorboat at speeds of around 50 km per hour. It's almost like riding an endless wave and it is suitable for a wide range of people in terms of age.

Wakeboarding can be a little scary at first, but once you've picked up the basics, wakeboarding is extremely easy to learn and extremely fun to do. Gliding above the water is a real buzz and learning to ride the boat's wake (hence the sport's name) is even more exhilarating. But be warned, once you've ridden a wakeboard, there's a good chance you'll become addicted!





THE WATER POLO

Water polo traces its origins to England in the 1860s, where games were staged in lakes, rivers and the sea as a demonstration of strength and swimming skill. Rules were soon devised to prevent injury due to the intensely physical nature of these early events. Men's water polo entered the Olympic programme at the Paris 1900 Games, making it one of the oldest team sports in the Olympic programme. However, it wasn't until Sydney 2000 that the women's event was introduced to the Olympic Games.





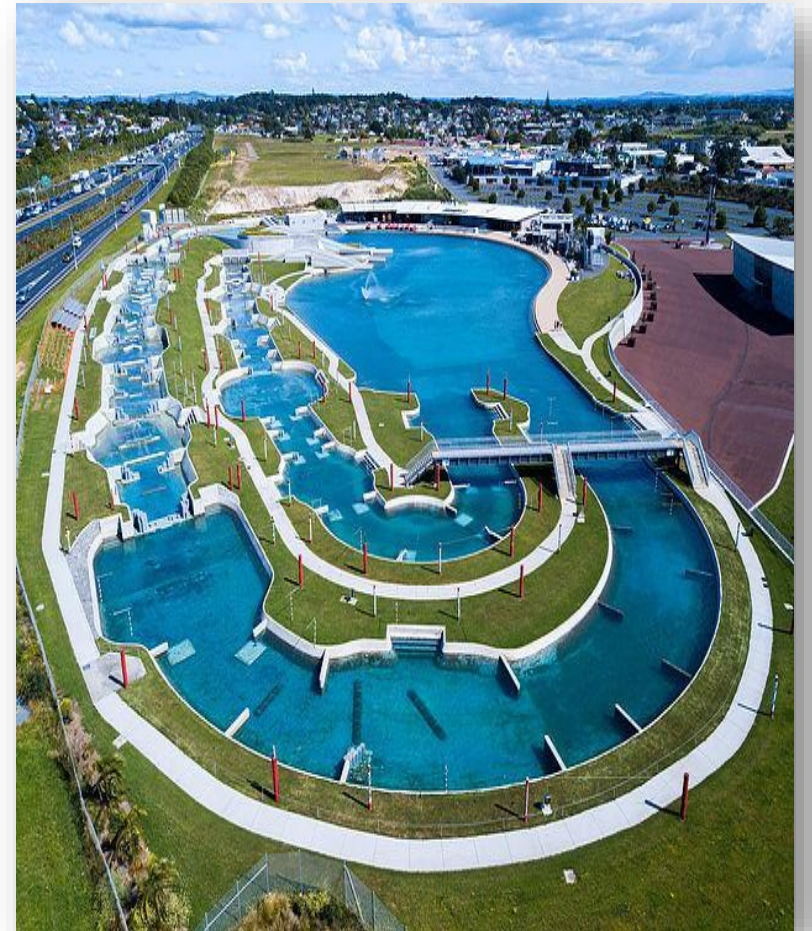
THE CANOEING AND KAYAKING

The following outline is provided as an overview of canoeing and kayaking:

Canoeing – recreational boating activity or paddle sport in which you kneel or sit facing forward in an open or closed-decked canoe, and propel yourself with a single-bladed paddle, under your own power.

Kayaking – use of a kayak for moving across water. It is distinguished from canoeing by the sitting position of the paddler and the number of blades on the paddle. A kayak is a boat where the paddler faces forward, legs in front, using a double-bladed paddle. Most kayaks have closed decks.





THE YACHTING WORLD

Yachting is the use of recreational boats and ships called yachts for racing or cruising. Yachts are distinguished from working ships mainly by their leisure purpose. "Yacht" derives from the Dutch word jacht ("hunt"). With sailboats, the activity is called sailing, and with motorboats, it is called powerboating.





THE ARTIFICIAL FISHING LAKE

Give a man a fish and feed him for a day. But teach a man how to fish and he'll be healthy for life!

This classic hobby is also great way to improve mental and physical well-being.

A news paper published in the current issue of Fisheries Research finds that giving recreational fishing businesses the flexibility to take customers fishing when they want to in exchange for carefully tracking what they catch is a win-win for the environment and the economy. The results of a pilot program show that this added flexibility and accountability enables more fishing trips over a year-round fishing season, higher earnings for businesses, better data collection, adherence to science-based catch limits, and improved conservation of fish populations.





THE KIDS OUTDOOR WORLD



THE KIDS OUTDOOR WORLD

In this time and age, children tend to spend more and more time indoors. Most kids are glued to television, smartphones, and other gadgets. But watching cartoons on television or using phones for endless hours can affect their health. Being a couch potato can also lead to obesity in children. On the other hand, playing outdoor games can improve mental and physical health in children. Exposure to outdoor play can also shape their personality and help them develop essential social skills. It is a wonderful way to help them develop life skills.





Benefits of playing outdoor games are plentiful for kids of all ages. Some of the benefits of outdoor activities are listed below.

1. It gives them an opportunity to learn new things.
2. It can help in their physical development.
3. It can boost their creativity.
4. It can help them acquire social skills.
5. It can help them develop a positive attitude.
6. It helps in personality development.
7. It helps improve the attention span in children.
8. It strengthens their motor skills.
9. It improves their love for nature.
10. It makes them lead a healthier lifestyle.

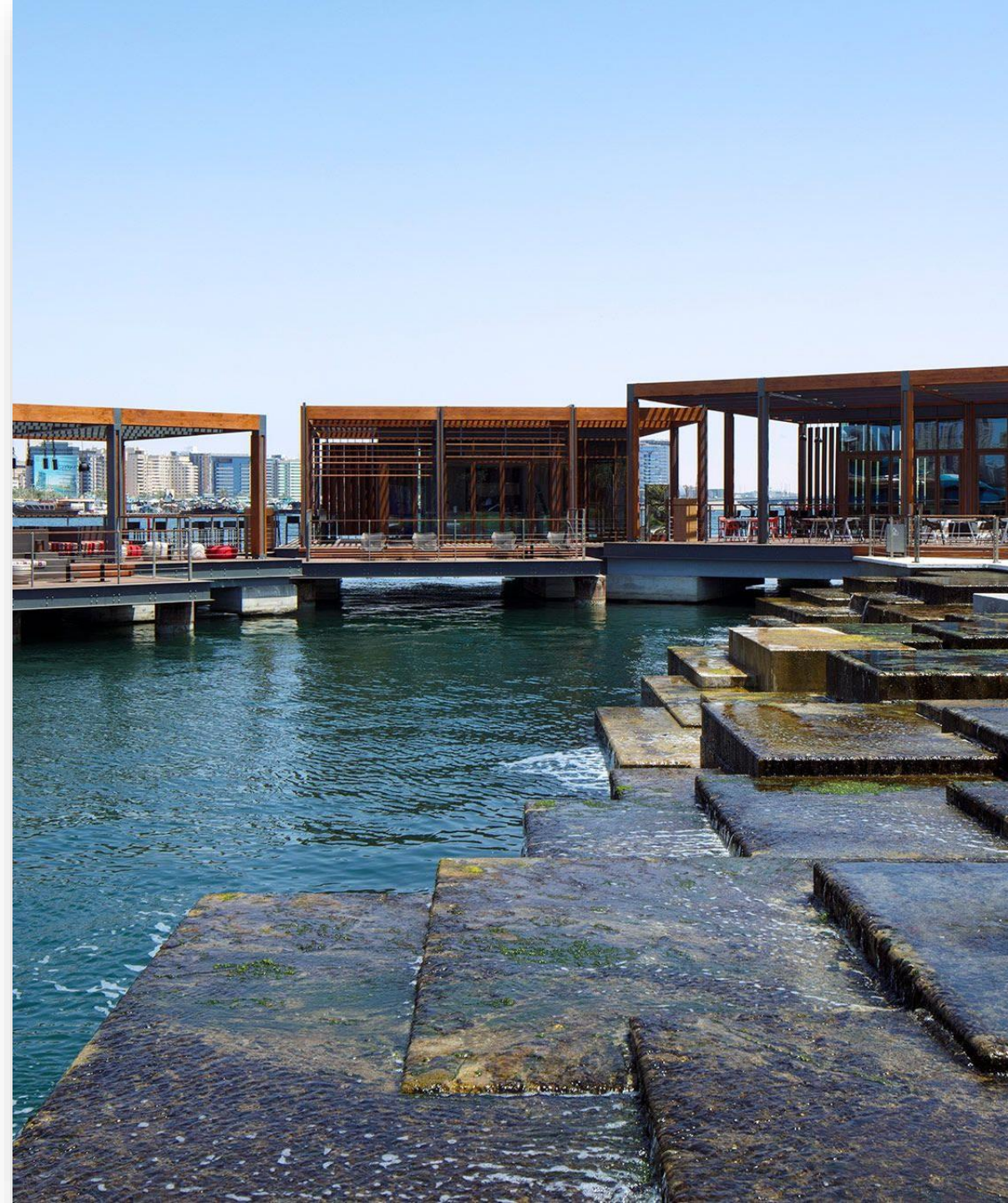
THE FOOD WORLD



THE FOOD WORLD

Half of our heart belongs to the food and the rest half to the other prioritized things in life. Sticking firmly to this fact, have productively come up with the idea of having a dedicated space for food inside the GOLF OMAN. No matter how far we go on the scale of modernization, we never tend to forget the joy of shopping on the streets with our parents back in the good old days. It still lingers in our memories how we used to see our mothers shop the best things for us, and then feed us with the mouth-watering 'Golgappas' and various other delicious street foods.

To add to their goodness, GOLF OMAN now have inculcated the culture of having open food courts, to help you relive the good old days.





1. Good food, Good family time

Food courts are still going to be a very sophisticated place to take your family out for dining. Food zones are also a very convenient place to quench your hunger, Moreover, although their food culture is inherited from generic street food shops, they assure you super healthy food with the top-quality service. We can only afford to risk our body with junk food once in a long while.

2. Fair and decent eating space

Coming with the surplus convenience, food zones offer an enthralling exclusive dining space with a refreshing ambiance. Its relaxing charm and beguiling food aroma invite guest at any time of the day. According to mythology, 'Food is a Gift and it must be treated with gratitude.' This emphasizes the fact of how important it is to do mindful eating.

3. Entertainment all around

Food cannot be consumed in boredom. Either people have a habit of sitting in front of the TV and then eat the delicacies served or they have friends & family members sitting with them while eating. So, it is mandatory to have some entertainment around the corner.

4. Multiple food-cuisines for one and all

In a group of friends, anything can be possible, but all the people choosing to appetite the same food cuisine can't be possible. Some choose to eat Indian Cuisine while some choose to have Arabic food and the remaining might be having some another varying idea of food.

THANK YOU

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