



JOIN US
AGAINST OBESITY
FOR HEALTHY LIFE



BeWell Tour

BeWell Cycle Tour

As part of its commitment to doing the right thing in the communities in which it operates, the Wyndham Hotel Group initiated the BeWell Cycle Tour

Our Aims

- To be the first in the country to reverse the obesity trend
- A world where obesity is just a history lesson
- Create a platform to educate and support individuals
- Promote a healthy lifestyle through cycling
- Offer qualified and expert advice
- Bring passion and fun back to life



BeWell Tour

WHAT A one day festival celebrating cycling, health and vitality

WHEN Friday 12 February 2016

WHO Everyone from professionals, semi-pros and weekend riders to families and children

WHERE AUH to HSC
RAK to HSC
AJMAN to HSC
HSC



BeWell Tour – The Venue

HAMDAN SPORTS COMPLEX



HSC Cycle Route & Fan Village

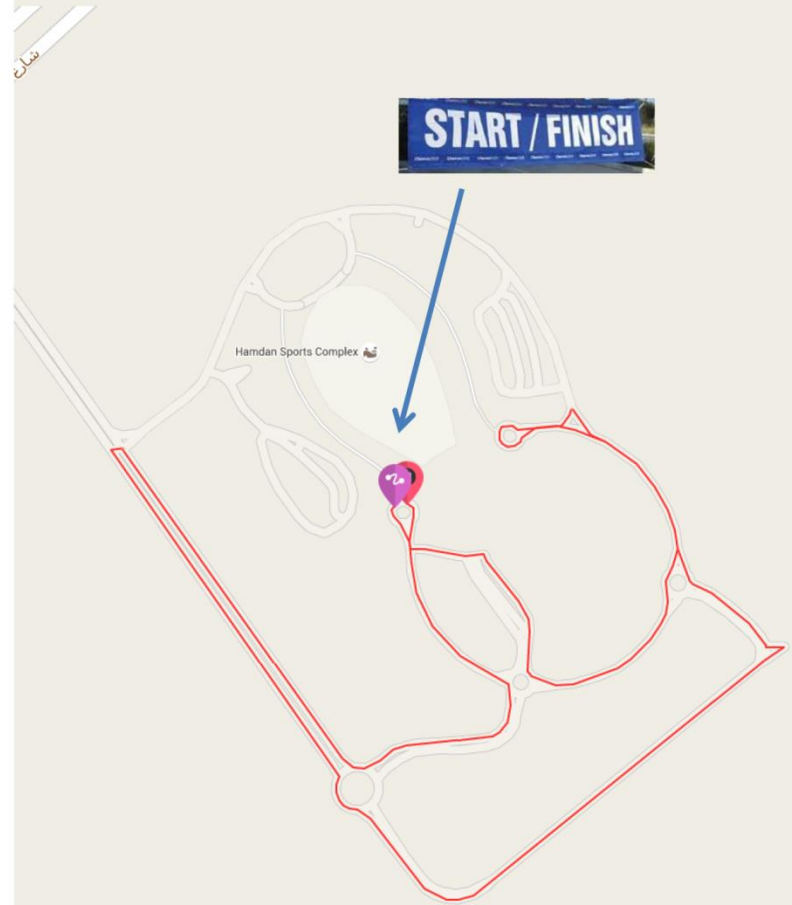
The grand finale of the BeWell Tour will take place at the Hamdan Sports Complex.

Cyclists from the long distance routes will be welcomed at the venue which will feature a 5km track where participants will loop four times to complete the 20km cycle of the Dubai leg.

The Fan Village will be situated in front of the entrance of the Hamdan Sports Complex and will offer numerous fun and exciting activities for everyone.

Event Times:

8am – 11am



Route Distance 5km

BeWell Fan Village



Fitness Zone

FITNESS ZONE

Static bicycles
Yoga & pilates
Badminton
Table tennis
Massage area



Healthy Food Zone

HEALTHY FOOD ZONE

Healthy food vendors
Recipes & tips for healthy eating

WELLNESS ZONE

Dietician workshops
BMI testing
Diabetes test

KIDS ZONE

Bouncy castles
Face painting
Kids cookery school



Kids Zone



Wellness Zone



Thank You and BeWell

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