



Nov 10, 2014

## **Mathematical Seminar Entitled "Sports Lifestyle" in Al Ain University**

The Deanship of Students Affairs at the Al Ain University of Science and Technology, based in Abu Dhabi, in partnership with the Abu Dhabi Sports Council sports, has organized a symposium titled "Sports Lifestyle" in the presence of members of the academic and administrative bodies and a routine of university scholars.

Dr. Adel Shehateth, a researcher of physical education of the military general command of the armed forces, has presented on the importance of play in the spirits of all segments of society and physical inactivity as a causal agent of mortality in addition to link physical inactivity, noncommunicable diseases.

He too stressed that sports provide a healthy lifestyle which must be taken care of and practice

daily by making habit of every minute to affect the muscles of our physical structures. The doctor also highlighted on the importance of physical activity and the difference between it and the exercise and its benefits in preventing diseases such as high blood pressure, diabetes, and chronic depression.

[Press Release Link](#)