



26 OCT - 24 NOV 2018

## **Picture Story**



*#TogetherWeCan community programme provides a series of activities for People of Determination*

**Dubai, United Arab Emirates – 19 November 2018:** DFC Ambassadors, Team Angel Wolf have enjoyed a busy schedule of #Dubai30x30 activities created for People of Determination for Dubai Fitness Challenge (DFC) 2018. Team Angel Wolf was founded by the Watson family (dad Nick, mum Delphine, daughter Tia and son Rio) to promote an active lifestyle and encourage the inclusion of people with disabilities. Rio has 1q44 Deletion DeNovo Syndrome which makes walking and communication difficult. The family decided that they were not going to let the diagnosis mean that Rio would be left out of activities and set forth to develop community-based activities under the banner #TogetherWeCan. Rio is included in the family's exercise routine, and he is pushed in a specially designed chair for runs, towed for bike rides, and for the water-based part of the activities he rides high in a kayak.



26 OCT - 24 NOV 2018

On Friday 2 November 2018, Tia and Rio competed in TriFest by Race ME Events at Jebel Ali Waterfront, a DFC partner event, with a special goal in mind - creating a new Official World Record. The record, once official confirmation comes in, will be: 'Female, 11 years or younger, completing a Sprint Distance Triathlon race whilst hauling a male sibling who has disabilities'.

For Dubai Fitness Challenge, the team has been holding weekly events at DFC Fitness Villages where People of Determination, families, beginners and seasoned athletes can come together to #RideWithRio and #RunWithRio. Participants of DFC and the wider community are encouraged to join Team Angel Wolf at the following events taking place during DFC:

- #RideWithRio at Al Khawaneej Fitness Village (presented by ENOC in association with Dubai Municipality) on **20 November 17:00 PM – 18:00**.
- #RunWithRio at the Palm Jumeirah Fitness Village (presented by DEWA in association with Nakheel) on **21 November 19:00 PM – 20:00**.
- #TeamAngelWolf Together We Can - a free, inclusive, community program, held at The Sustainable City, **every Sunday evenings at 18:00**

Topping Team Angel Wolf's packed schedule for DFC is participation in the X3 Junior Triathlon on **23 November** being held at La Mer from 8.30am onwards. Tia and Rio participated in the event in 2017 and will be back again this year demonstrating the family's commitment to inclusiveness, sport and being role models for community fitness activities.

Users can find these classes on Team Angel Wolf on Dubai Fitness App or <https://www.facebook.com/TeamAngelWolf/>



26 OCT - 24 NOV 2018



-Ends-

For more information, visit:

Website: [www.dubaifitnesschallenge.com](http://www.dubaifitnesschallenge.com)



26 OCT - 24 NOV 2018

Facebook: [www.facebook.com/dubaifitnesschallenge](http://www.facebook.com/dubaifitnesschallenge)

Instagram: [@dubaifitnesschallenge](https://www.instagram.com/dubaifitnesschallenge)

Twitter: [@dxbfitchallenge](https://twitter.com/dxbfitchallenge)

Hashtag: [#Dubai30x30](https://twitter.com/hashtag/Dubai30x30)

For further information and images, contact: ASDA'A BCW on [dfc@bm.com](mailto:dfc@bm.com) / +971 4 450 7600 or contact [mediarelations@dubaitourism.ae](mailto:mediarelations@dubaitourism.ae)

#### **DFC 2018 Partners and Sponsors:**

- Strategic Partners: **DEWA, Du, Dubai Sports Council, Dubai Tourism, KHDA, Emirates NBD, ENOC and RTA.**
- Official Partners: **Arabian Radio Network (ARN), DAMAN, Emirates Airline, Glanbia, DP World, Mediclinic, NIKE, RAINBOW, Technogym, DAFZA, Dubai Chamber, Dubai Economic Department, Dubai Health Authority, Dubai Silicon Oasis, Dubai Municipality and Dubai Opera.**
- Venue Partners: **Dubai Festival City, Dubai International Financial Centre, DMCC, Emaar, NAKHEEL and Meeras.**
- Supporting Partners: **Decathlon, Events Security Committee, HUAWEI, IFFCO, PEPSICO and MAI DUBAI.**
- Official E-Commerce Partner: **Noon.com**

#### **About Dubai Fitness Challenge**

Dubai Fitness Challenge has been created to motivate the people of Dubai to boost their physical activity and commit to 30 minutes of daily activity for 30 days. Running from 26 October to 24 November 2018, the Challenge encompasses all forms of activity – from beach cricket, cycling and football, to paddle boarding, team sports, walking and yoga, as well as everything in between. All are encouraged to participate individually or together with friends, family and colleagues, enjoying new and exciting ways to improve their fitness levels. Participants can track their performance on the Dubai Fitness App and help make Dubai the most active, healthiest, happiest, smartest city on the planet.