

# How active lifestyles, sports and fitness programs are enabling Arab women to beat obesity, manage weight

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Tue, 2022-08-09 23:39

JEDDAH: Obesity rates worldwide have been steadily rising over the past half-century, reaching a point at which experts say many nations are way off schedule to meet the World Health Organization's 2025 global nutrition targets.

Mindful of the pressures that high obesity rates place on local healthcare systems, to the detriment of quality of life, countries such as Saudi Arabia are working hard to promote fitness and challenge people to change their sedentary lifestyles.



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# Kurdish Iraqi farmer sprouts online advice, green awareness

Tue, 2022-08-09 23:20

HALABJA: Kurdish Iraqi farmer Azad Mohamad has become a social media star by sharing tips on growing fresh fruit and vegetables in the sun-parched country that is highly vulnerable to climate change.

The moustachioed 50-year-old with almost half a million Facebook followers posts weekly videos on topics such as protecting fruit trees, dealing with insects and helping people get more from their farms and gardens.

“They should make you agriculture minister,” one of his fans, Ahmed Hassan, commented on a recent video.



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## [Erdogan plays up diplomatic gains with eye on elections](#)

Tue, 2022-08-09 23:11

ANKARA: A series of diplomatic wins, capped by the deal to resume Ukraine’s grain exports, provides some respite for President Tayyip Erdogan from Turkey’s economic strife and offers a blueprint of his campaign strategy for elections due next year.

As he prepares for what is shaping up to be the biggest electoral challenge of his nearly 20-year rule, the president is playing up his achievements on the global stage.



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## [Israel concerned over Russian push to ban Jewish non-profit group](#)

Tue, 2022-08-09 23:03

JERUSALEM: Israeli President Isaac Herzog spoke with Russian President Vladimir Putin on Tuesday about Russia's attempt to ban the world's biggest Jewish nonprofit group, which helps Jews move to Israel.

Russia's Justice Ministry is seeking to liquidate the Russian branch of the Jewish Agency for Israel for alleged breaches of privacy laws.

Some Israeli politicians have expressed concern that Russia may be retaliating for Israel's criticism of its invasion of Ukraine, and about the effect that bilateral tensions might have on Russia's own Jewish community.



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## [Protests in Iraq over power cuts](#)

Tue, 2022-08-09 01:37

JEDDAH: Demonstrators in the southern Iraqi province of Basra blocked roads on Monday in protests over power cuts that left many without electricity in 50C heat.

People took to the streets and burned tires, blocking the main road to the provincial capital. Meanwhile followers of powerful Shiite cleric Muqtada Al-Sadr continued a sit-in outside the Iraqi parliament building to demand early elections. Demonstrators in Basra said they supported Sadr's protest and were tired of government corruption.



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