

DRIVE ON TO KEEP DUBAI CABBIES FIT

City's fitness champ joins scheme to help taxi drivers get into shape on the go

DUBAI'S fittest man is on a mission to help the emirate's taxi drivers keep fit and trim while they are behind the wheel.

The Sameness Project, a humanitarian group, has been handing out a booklet of simple exercises that the city's cabbies can do to prevent them from getting tubby and tense.

And the project coordinators have drafted in their very own Mr Motivator in the form of fitness champion Grant Goes.

New Zealander Goes was crowned Dubai's fittest man in a gruelling challenge last year. And in his latest battle on Saturday, the 32-year-old completed 300 repetitions of 10 tough gym exercises in four hours and 37 minutes in the 'Give Me 3,000' challenge.

However, rather than a well-earned rest, Goes has been up and out on the streets

By Duncan Hare

passing on fitness tips to the taxi drivers in the 'We've Got Your Back' campaign.

"Taxi drivers work long hours and can't afford trainers and gyms," said Goes.

"So we wanted to approach them and show what they can do to get healthier and fitter."

Jonny Kennaugh, project manager of two-year-old The Sameness Project, said he'd asked his fellow New Zealander to help out because he knew the drivers would benefit from Goes' expert advice.

He added: "He ran them through the stretches and helped out saying 'try this' and 'this is what to eat and not to eat'."

The booklet focuses on exercises for the neck, shoulders, hips, knees and spine.

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Cabbies say they're keen on keep fit

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The group of Sameness helpers have been handing out the fitness booklets at a little cafeteria popular with cabbies near Dubai Media City.

"We love having the opportunity to engage with the taxi drivers as individuals - and creating a moment that focuses on them personally, beyond their occupation," said

beyond their occupation," said Kennaugh.

"We're in talks with the Roads and Transport Authority at the moment to carry the project forward."

Dubai taxi driver Raees gave The Sameness Project's 'We've Got Your Back' fitness drive a big thumbs-up.

"It's a very good idea," said the Pakistani - adding it can be hard for taxi drivers to stay in shape because of the long hours they put in.

Asked whether he could do 300 repetitions of 10 exercises in a day, Raees laughed and said: "No way!"

But added: "In a week, no problem."

