

Dubai Fitness Challenge 2026

31 October to 29 November 2026. 30 minutes of activity a day, for 30 days. Any activity counts.

THE FOUR FLAGSHIP EVENTS

Sun 1 Nov	Dubai Ride · Sheikh Zayed Road · 4km family or 12km route · register
7–8 Nov	Dubai SUP · Hatta · free paddleboarding sessions
Sun 22 Nov	Dubai Run · Sheikh Zayed Road · 5km or 10km · start 6:30am, finish by 9am · free, register
Sun 29 Nov	Dubai Yoga · Zabeel Park · the finale, all levels

HOW TO TAKE PART

1. Register free at dubaifitnesschallenge.com
2. Pick your daily 30 minutes
3. Sign up for flagship events as registration opens
4. Find Fitness Villages and Hubs on the official site

IDEAS FOR YOUR 30 MINUTES

- A brisk walk before work or after sunset
- A swim, a ride or a paddle
- A class at a gym or studio
- A weekly community run club

MAKE IT STICK

Thirty days builds a routine. Find community run clubs, studios and gyms by area in the **Wellbeing Voice Directory**: thewellbeingvoice.com/directory