

PHOTO FEATURE



Walking for health and happiness



A partial curfew in Kuwait from 6pm until 5am has fueled a growing trend of afternoon and evening walking. People all over the country walk in the morning and afternoon hours before the curfew starts and then again during the official 'walking hours' from 6pm to 8pm. Walking has proven benefits including improving physical and mental health outcomes and reducing stress.

— Photos by Yasser Al-Zayyat and Fouad Al-Shaikh

