

Some figure work for CAs

Members, families and friends of the Bahrain Chapter of chartered accountants were working on a different kind of figure last month when CA Shobha Ravishankar, a motivational fitness trainer pulled wisdom from her personal experience to take them around Arad Bay on a run. Themed 'Make Running A Habit', the group was taken through gentle warm-up and taught how to pace themselves for a run without hurting themselves.

