

## Run for your heart



Gambang, 30 September - In conjunction with the World Heart Day Celebration 2017, the Secretariat for Genesis of Healthy Students (GENESIS) in collaboration with Student Affairs & Alumni Department (JHEPA), State Health Department (JKNP), UMP Health Center and the Paya Besar Students Club held the World Heart Day Closing Ceremony and Balloon Run 2017 at the Chancellor Square.

More than 1000 participants gathered as early as 6:00 am for the registration session. The 7 km individual run is divided into three categories, veteran, senior and junior while the 3.5 km distance is for family run.

The program was officiated by the Chairman of State Health, Human Resources and Special Duties, YB. Dato' Norul Azali Sulaiman and followed by aerobics activities for the runner to warm up before the release of the runners at 8.30am.

According to Dato' Norul, 'Love Your Heart Share the Power' has been chosen as the theme for this year World Heart Day celebration. Celebrated annually on 29 September, it aims to enhance the understanding and awareness of our community on the importance of healthy living.

"The situation has changed, with all this new technology, the growing workload and the dumping of fast food leads to the fact that most of us are now taking the easy way to manage our daily diet.



This campaign urge the community to practice healthy lifestyle and quit smoking that is proven to be the major cause of heart disease," he added.

Meanwhile, UMP Deputy Vice-Chancellor, Student Affairs & Alumni Department (JHEPA), appreciates the efforts initiated by GENESIS Club and UMP community to enculcate the healthy way of living. He also urged everybody to take care of the heart and exercise regularly to reduce the chances of getting heart disease.

A variety of exciting activities are also available throughout the celebration which begins on 24 until 30 September 2017 including One Hearts One Bowl Bowling Tournament, Gen-y Health Talk: From the Heart For the Hearth, Gen-y Health Talk 2.0: Gen- Y vs Lifestyle, health exhibition and blood donation and coloring contest.

Also present were Head of UMP Health Center, Dr Khairul Salleh Abd Basit, Paya Besar Student Club Chairman, Mohd Shahrul Abdullah, Genesis Advisor, Nasrul Salim Pakheri, Program Director Mohamad Ikhmal Idham Ali Yasak and Head of UMP Student Representative Council Muhammad Amrun Aniq Mohamd Saidi.

The event ends with a prize giving ceremony to all the winners for each category.



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