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Tajuk : Fun Walk To Beat Obesity.



UMS's "Fun Walk" being flagged off by Unimas Vice-Chancellor Prof Mohd Fadzil Abdul Rahman (right). Pic by Arif Zahratulhayat

Fun Walk to beat obesity

KOTA SAMARAHAN: More than 150 staff members and students of Universiti Malaysia Sarawak (Unimas) here joined in a "Fun Walk" at their campus yesterday.

Floating balloons added to the festive feel of the event.

The 4.5km walk, which took participants to the Allamanda and Bunga Raya colleges before returning to the start and finish line at the Student Affairs Building, was flagged off by Vice-Chancellor Prof Mohd

Fadzil Abdul Rahman.

Jointly organised by the university's Faculty of Social Sciences and Third Year of Communication Studies students, the programme is the highlight of its 'Let's Move and Shake' campaign.

"The event was the perfect way to address the increasing problem of obesity in Malaysia.

"Malaysia is at the No. 1 spot (for obesity) among Asean countries and No. 6 in the Asia Pacific region," he

said, adding that the many choices of food contributed to the problem of obesity among Malaysians.

Project leader Sim Wei Li, 24, said obesity could trigger non-contagious diseases, such as diabetes, heart disease and cancer.

"We need to combat obesity. This is why the walk was held," said Sim, a third-year communication student.

The walk finished with a lucky draw.