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Mahathir-sports

ENGAGE IN SPORTS FOR HEALTH, MAHATHIR URGES THE PEOPLE

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KUALA LUMPUR, Feb 1 (Bernama) - ⁹³ [Ⓢ] ~~Dr~~ Datuk Seri Dr Mahathir Mohamad today launched the "Sports For All 1993" programme by urging the people to engage actively in sports for health.

The Prime Minister said healthy people would have zest for work, and that this was important for national development.

"It will be difficult for an unhealthy person to undertake even routine work, but with a healthy body, we will be able to work with zest.

"Even people who are not competent or clever enough will be able to achieve much more than those who are competent and clever but not healthy enough," he said at the launching ceremony at Merdeka Square here.

Dr Mahathir joined the people in an aerobics exercise session at the square, then walked with them for about one kilometre to the Holiday Inn City Centre and cycled from there to Taman Tasik Titiwangsa.

Various shows were held at Taman Tasik Titiwangsa, including horse-riding, parachuting and other sports events. The launching ceremony coincided with the 19th anniversary of the Federal Territory of Kuala Lumpur. -- more

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Dr Mahathir, known for his emphasis on health and who often exercises by walking home from office, said the "Sports For All" programme was useful in coaxing the people to engage in sports.

"We cannot become healthy people by only watching sports tournaments such as soccer and clapping hands while the rest of our body remains motionless," he said.

He said he hoped that the people would continue to engage in sports even after the conclusion of the "Sports For All" programme.

Youth and Sports Minister Senator Datuk Annuar Musa said the programme reflected the government's concern for the development of sports and recreation which he added formed part of the development agenda for the people and country.

Various sports facilities such as gymnasiums and sports projects such as "people's games" and aerobics exercise sessions would be held throughout the country under the "Sports For All" programme, he said in his speech, the text of which was read out by Deputy Youth and Sports Minister Cik Teng Gaik Kwan. -- Bernama

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