

Mahathir: Stay healthy to enhance productivity

KUALA LUMPUR: The *Sports for All 1998* programme was launched yesterday by Datuk Seri Dr Mahathir Mohamad with a call to Malaysians to engage actively in sports for health.

The Prime Minister said this was important for the country's development as healthy people would help enhance productivity.

Healthy people would have a zest for work, while the unhealthy might have difficulty even carrying out routine work, he said.

"It is pointless to be merely interested in

sports as a spectator," he said at the launching ceremony at Merdeka Square here.

Dr Mahathir said Malaysians could not become healthy people by merely watching sports tournaments such as soccer and clapping hands, while the rest of their body remained motionless.

He urged the people to be active in sports even after the programme concluded.

He later joined the people in an aerobics exercise session.

Among those spotted at the session were former Bukit Bintang MP Lee

Lam and artistes Zarina Zainuddin and D.J. Dave.

Dr Mahathir later walked for about a kilometre to Holiday Inn City Centre and cycled from there to Taman Tasik Titiwangsa.

Various activities, including horse-riding, parachuting and canoeing, were held at Taman Tasik Titiwangsa in conjunction with the 19th anniversary of the Federal Territory of Kuala Lumpur.

More than 60 people including some from Spain, Italy, Sweden, Germany and the United States took part in the parachuting display.