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NAJIB: ADOPT HEALTHY LIFESTYLE

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Make exercise a part of daily life, says PM

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MALAYSIANS should exercise daily and adopt a healthy lifestyle, said Prime Minister Datuk Seri Najib Razak.

The Pekan member of parliament said it was important to make exercise a daily practice.

“We need to be sensitive to the need for recreational and sporting activities and physical activities.

“Practise healthy eating habits, get sufficient rest and quit smoking, among others,” he said in a speech prior to a prize-giving ceremony for participants in the UDA Pekan Bridge Run at Majlis Daerah Pekan here yesterday.

More than 4,000 people took part in the event early yesterday morning. The number was an in-

crease from the 1,500 participants in last year’s edition of the run.

The run was divided into three categories – 21km, 12km and the 5km Fun Run.

Cash prizes of RM1,200, RM1,000 and RM500 were presented to the winners of the 21km, 12km and 5km categories respectively.

During the speech, Najib said the run, organised by UDA Holdings Bhd, was part of an initiative to promote a healthy lifestyle.

He said the run was part of larger efforts to turn Pekan into a tourist destination.

“The government has made allocations to upgrade the museum in Pekan and the waterfront in Pekan via ECER (East Coast Economic Region).

“These are part of efforts to increase the number of tourism products,” he said in reference to the Visit Pahang Year 2017 campaign.

He said there had been a 4.9 per cent increase in the number of tourist arrivals in Pahang for the three-month period from January to March this year, compared with the same



Prime Minister Datuk Seri Najib Razak with single mothers at a Hari Raya Aidilfitri open house, organised by Pertubuhan Ibu Tunggal Kebangsaan Malaysia, at Universiti Automotif Malaysia DRB-Hicom in Pekan yesterday. PIC BY MUHD ASYRAF SAWAL

period last year.

Najib suggested the UDA Bridge Run introduce a half-marathon due to its increased

popularity that attracted runners from other countries like Kenya, the Philippines, Singapore, Thailand, Germany and

Australia.

Present was UDA Holdings group chairman Datuk Seri Mohd Shafei Abdullah.