

An exercise in creating a record

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HEALTHY BODIES: 3.6 million students from 10,000 schools carry out simultaneous aerobics exercise

SUBANG JAYA: A NEW Malaysian record was created yesterday when more than 3.6 million students from 10,000 schools carried out a simultaneous aerobics exercise throughout the country.

Launched by Deputy Prime Minister Tan Sri Muhyiddin Yassin at Sekolah Wawasan USJ 15, the event was carried out under the Education Ministry's 1Malaysia 1Student 1Sport policy.

Muhyiddin, Education Department director-general Tan Sri Abd Ghafar Mahmud and senior ministry officials joined 2,500 students at the school field for the aerobic exercise lasting 45 minutes.

Muhyiddin said the policy hoped to create healthy students by getting them to participate in at least one sport.

"The policy also demonstrates the government's intention to make sports a major tool for unity because it has been clearly proven that sports can unite a multiracial community and make the 1Malaysia concept a reality."

Last year, the 1Malaysia 1Student 1Sport Simultaneous Run also made it into the Malaysia Book of Records. It was participated by 4.1 million students from 9,980 schools.

In Perak, 300,000 students and teachers from 1,092 schools took part in the aerobic session.

Deputy state Education Department director Mohd Idris Ramli, who joined 1,700 students at SMK Tambun, Ipoh, in the exercise, said the activity promoted a healthy lifestyle from a young age

Student Siti Khairunnisa Zahidi, 14, said: "I am excited to be part of this activity.

"I feel it is something that can promote unity as well as help us keep fit."

In Kuala Lumpur, Federal Territories Education Department co-curriculum unit's assistant director of art, Nor Adzmi Baba, said the goal of this programme was to increase the fitness and intellectual levels of students.

SMK Taman Tun Dr Ismail principal Datin Hasmah Abu said the programme could create a feeling of belonging and love among students towards the school.

Student Natasha Zulaikha Zahirudin, 16, said: "The aerobic exercise was fun as we got to exercise with the teachers."

Her schoolmate, Mariya Isabelle Ho, 17, said the programme had helped to strengthen the bonds between students and teachers. Additional reporting by Rachel Rigi

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