

**PM Drives Home 'Healthy Lifestyle' Message
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PUTRAJAYA, March 24 (Bernama) -- Even as the election fever is hotting up, Prime Minister Datuk Seri Najib Tun Razak Sunday morning turned his attention away from politics to focus on driving home to the people the message of a healthy lifestyle.

He joined about 15,000 people who had gathered at Dataran Putrajaya as early as 7 am for the 'Jom Ceria Bersama Perdana Menteri' (Let's Be Cheerful with the Prime Minister) event.

Addressing the early birds, Najib said rapid development had changed the lifestyle of Malaysians to such an extent that the country had to put up with more cases of obesity, diabetes, hypertension and such.

"This is no laughing matter. It is the reality. My doctor tells me that many people in the country suffer from hypertension. I have the statistics. They are frightening. We have to make a change because our lifestyle has changed a lot," he said.

The event, organised by the 1Malaysia People's Foundation and Putrajaya Corporation, is an extension of the 'Langkah Ceria' (walk) and 'Kayuhan Ceria' (cycling) events staged by the Putrajaya Corporation every third Sunday of the month.

These events are aimed at promoting a healthy lifestyle, besides uniting the people of all races, spreading recreational activities and enabling the people to enjoy the prosperity of the national administrative capital.

The prime minister said a more integrated and resilient community could evolve if all the people could tear down the wall that stops them from engaging in sports, recreational and social activities regardless of the racial, cultural and religious barriers.

He said the 1Malaysia philosophy could be better translated into reality through activities such as those held today when all the people could gather in the spirit reflective of one Malaysian community.

"We also wish to inspire the people to work in a community. The individual is important, meaning as one unit of the community, but we do not want any section of the community to be too individualistic.

"In other words, these individuals will resort to doing things without regard for others. That will only lead to extreme situations. What we want to do is to develop the individuals and give them the opportunities to build their potential to the optimum," he said.

The people gathered at Dataran Putrajaya were in a cheerful mood as the beating of drums by the Deafbeat group kicked off the event.

This was followed by a martial arts display by the Majlis Pendekar Malaysia before several young icons were invited up on stage to welcome the prime minister.

After delivering his message, Najib joined the people in a walk over a distance of about one kilometre along Persiaran Perdana.

They were flagged off by the prime minister's wife, Datin Seri Rosmah Mansor.

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