

Jom Ceria draws 10,000
New Straits Times
27 March 2013
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ENTHUSIASTIC: Local celebrities and sportsmen join the 5km walk and 12km cycling event organised by Yayasan Rakyat 1Malaysia and Perbadanan Putrajaya

PUTRAJAYA: MORE than 10,000 people thronged Dataran Putra here as early as 7am to participate in the Jom Ceria programme with the Prime Minister recently.

The programme, which included a five-kilometre walk and 12km of cycling, was flagged off by Datin Seri Rosmah Mansor.

Datuk Seri Najib Razak, who joined the crowd during the flag-off, urged Malaysians, especially generation Y, to get out of an inactive lifestyle and practise a healthy routine.

Sports and Youth Minister Datuk Seri Ahmad Shabery Cheek was also present to give his support.

Local celebrities and sportsmen who attended included 1M4U youth Altimet, Sazzy Falak, Joe Flizzow, Joey G, Moots, Pamela Chong, Vanessa Chong, Mizz Nina, Khairul Fahmi Che Mat, Low Wee Wern and Ong Beng Hee.

Upon completion of the walk, participants were entertained with a performance by students from the National Academy of Art, Culture and Heritage (Aswara) and Deafbeat, which is a drum troupe made up of hearing-impaired members, and a martial arts demonstration by Majlis Pendekar Malaysia.

The martial arts demonstrated included kungfu, wushu, silambam, muay thai and taekwondo.

National goalkeeper Khairul, who attended the event to show his support, said one of the ways to live a healthier lifestyle is by making small changes in your daily routine.

Singer Mizz Nina said there should be more organisations conducting similar programmes so that there will be more awareness among the public.

"Youth need to get out from their comfort zone and challenge themselves."

"They can also volunteer in charity work to help those in need."

That way they can help Malaysia become a caring nation, she said.

"It also encourages unity among people from all races," she added.

One of the participants, Thiagoo Masilamani, 33, from Persatuan Kemahiran dan Kebajikan Insan Ulu Selangor said he came for the event together with 60 of his colleagues.

"I have to wake up at 4am and take the bus at 6.30am to be here on time.

"It's a new experience for us and we plan to organise similar programmes for our association," said Thiago.

Senior citizen Koon Yoon Fatt, 56, from Bukit Beruntung said it was his first time visiting Putrajaya.

"It is a very nice and refreshing feeling to be here this morning," said Koon who came with 50 other senior citizens.

The programme was organised by Yayasan Rakyat 1Malaysia and Perbadanan Putrajaya.

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