

Najib: Youths need to spend more time outdoors
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PUTRAJAYA: Youths need to put their smartphones down and start spending more time outdoors, said Prime Minister Datuk Seri Najib Tun Razak.

He said Malaysia now faces the grim reality of non-communicable diseases becoming more prevalent due to the lack of physical activity among the young.

"Youths spend hours in front of their computers, their laptops and their smartphones and don't do any exercise, that is the lifestyle of today and we are now faced with problems like obesity, diabetes and high blood pressure.

"This is the reality that we now face," he said in his speech before the launching the Jom Ceria mass cycling and walking event on Sunday.

Thousands of Malaysians from all walks of life turned up early for the event, which will cover a distance of 12km for cyclists and 5km for walkers.

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