

**Sustain A Healthy Lifestyle To Produce Healthy Human Capital - Muhyiddin
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PUTRAJAYA, May 10 (Bernama) -- Deputy Prime Minister Tan Sri Muhyiddin Yassin called on all Malaysians to sustain healthy lifestyle in a bid to produce healthy human capital.

He said being able to sustain a good health and fitness level would lead to a happy life.

"Our high level of education, positions, properties and millions of assets are not as valuable as our health. So, let's not wait much longer. Let's make a pledge to practice healthy lifestyle so that it will become a culture in our daily lives.

"Healthy body should be appreciated so that it will reflect in our image and personality, hence producing a harmonious and health-conscious society," he said at the launch of 1Murid 1Sukan Walkathon in conjunction with the Education Ministry's Fitness Programme at Dataran Istana Kehakiman here Saturday.

Also present was his wife, Puan Sri Norainee Abdul Rahman.

Second Education Minister Datuk Seri Idris Jusoh, Deputy Education Ministers P. Kamalanathan and Mary Yap and Education Ministry secretary-general Datuk Dr Madinah Mohamad also participated in the walkathon.

Muhyiddin, who is also Education Minister, said a healthy lifestyle was not a habit that could be developed overnight as it involved having healthy diet and nutrient intakes that would produce energy for the body.

"What we eat will influence our mindsets and characters. So, we need strong will power and determination to practice healthy lifestyle and be prepared to change our old habits towards a healthier ones," he said.

Meanwhile, the deputy prime minister also called on the participants to make the walkathon their first step towards having a healthy lifestyle.

"Keep on participating in this activity so that it will become a healthy culture for

us all and hence, empower our 1Student 1Sport Policy," he said.

Muhyiddin also said that a survey showed that level of obesity among Malaysians had increased to 15.2 per cent in 2011 from 14.9 per cent in 2006, and one in every three people in Malaysia was overweight.

Furthermore, he said the survey also revealed that one in every six people in Malaysia was suffering from stroke and that 40,000 Malaysian citizens were suffering from the illness every year.

"I was made to understand that obesity and stroke can hit us at any time without us realising it.

"As a start move to prevent ourselves from these two condition, let's take care of our health and practice healthy lifestyle," he added.

Muhyiddin then joined 15,000 students from primary and secondary schools, as well as from institutions of higher learning and teaching institutes in the 5km walkathon around the federal government administration centre.

The walkathon was the main activity to kick off the ministry's Fitness Programme this year.

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