Sports

UMP Brisk Walk 3 km Kick-off off Program Gaya Hidup Sihat UMP 2023

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PEKAN, 10 May 2023 - Universiti Malaysia Pahang (UMP) campuses were buzzing with excitement as Services Management Division (*Bahagian Khidmat Pengurusan - BKP)* hosted the inaugural UMP Brisk Walk 3 km event.

This event served as the kick-off for the *Program Gaya Hidup Sihat UMP* 2023, which aims to promote a healthy lifestyle among the UMP community.

The event was held simultaneously at both Pekan and Paya Besar campuses and drew participation from various faculties and departments, including five associates from the Centre for Modern Languages.



Gathered at the starting point, Student Activity Centre’s Square (Dataran Pusat Aktiviti Pelajar - PAP) for Pekan campus and UMP Sports Complex for Paya Besar campus, participants eagerly prepared for the challenge ahead.

The electric atmosphere was palpable as everyone warmed up and stretched before the 8.30 am

start.
Once the clock struck, the crowd enthusiastically set off on the 3 km route around the campus, enjoying the pleasant weather and high spirits.

The route was thoughtfully planned to take participants through scenic locations on both campuses, providing a refreshing experience amidst nature.

With the main objective of promoting a healthy lifestyle, the response from participants were met with enthusiasm, and they eagerly embrace the challenge.

The brisk walk provided an excellent opportunity for participants to engage in physical activity and improve their overall well-being.

Participants also took advantage of the event to socialise with colleagues and form new friendship.

The event was very successful, with participants expressing their appreciation for the opportunity to participate and sharing positive feedback.

In addition, many encouraged the organizers to continue hosting similar events in the future, citing the benefits to the UMP community.

“We are proud to have participated in this event, and to be part of a community that values health and wellness,” said Jamilah Bebe Mohamad.

“We believe that regular exercise is essential for a healthy body and mind, and events like this provide a fun and enjoyable way to stay active” added Shamsul Harbi.

Overall, the UMP Brisk Walk 3 km event that initiated the *Program Gaya Hidup Sihat UMP* 2023 was a resounding success.

The event set in motion several upcoming activities such as indoor and outdoor aerobics, aero-dance, as well as a 5 km fun run.

The UMP community eagerly anticipates the upcoming events and is excited to adopt a healthier lifestyle.

The success of this event has set the tone for the remainder of the program, inspiring many to adopt healthy habits.

We are enthusiastic about similar future events and encourage everyone to include exercise into their daily routines.

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