

## Gym at FPP, UMS

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**FRIDAY, 11 MARCH** - Universiti Malaysia Sabah (UMS) being an ecocampus university, continues to promote fitness and healthy lifestyle amongst its campus community.

In support of this, the Faculty of Psychology and Education (FPP) has turned part of its ground floor into a gymnasium (gym) complete with shower and toilets for its gym users and has been in operation since July 2013.

According to FPP Youth and Sports Officer, Eeza Zainal, the gym also offers other arrangements such as fitness programmes, rehabilitation programme, personal trainer and bicycles for rent.

“Our gym is open to students and staff including outsiders, with low chargeable rates,” she said, referring to the separate fees set for members and walk-in users of the gym, as well as the service of a personal trainer.

The gym called Rehab & Fitness Centre is open on weekdays from 6.00 am – 10.00 pm, Saturdays from 4.00 pm to 7.00 pm and close on Sundays and public holidays.

It was initially opened to cater to the needs of the Graduate Teachers Programme and Sports Science Programme of FPP, UMS.

Their upcoming activity is a ‘Junior Camp 2016’, which will be held from 18-20 March 2016. This camp is open to children between 6-12 years old. The package includes a T-shirt, meals and a certificate for each participant.

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