

## KKTM Cultivate Healthy Lifestyle Culture

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**TUESDAY,  
10 MAY –**  
The ‘Fun Run & Ride’ programme organised by the Sports, Recreation and

Enhancement Exco of Residential College Tun Mustapha (KKTM), Universiti Malaysia Sabah (UMS) was held for the first time in conjunction with KKTM Carnival.

According to the college principal, Dr. Mohamad Nizam Nazarudin, such programme could provide opportunity for students and the general public to remain active and to adopt healthy lifestyle habits besides spending time with others.

“Participants who joined the programme were from students of IPTA/IPTS, Secondary School, UMS Staff itself and the outside community,” he said.

Cycling participant, Lim Fong Han was the first to arrive with the time of 42:02:05, whilst runner, Romario Tanjong clocked in at 47:14:08 making him the first runner to arrive at the finish line.

Ten early participants who arrived at the finish line received hamper, medals and certificate of appreciation.

Deputy Principal of Residential College Tun Mustapha, Herman Asalah when met said the programme was one of the best medium to form a healthy community, fit and adopt a healthy lifestyle by being sensitive to the environment through walking, cycling and using engine-free vehicles.

The flag-off for the 10 kilometre run was followed by the 20 kilometre cycling and was officiated by Herman at the Padang Kawad (Parade Square) UMS at 7.00 am, witnessed by the Programme Director, Mohd Jakrul Nizam Ismail. – (fl)

Source: Wellsah Sudin

