

KKTM Holds Fitness Rally in Conjunction With College Open Day

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TUESDAY, 17 MAY –Tun Mustapha Residential College (KKTM) recently organised a Fitness Rally in conjunction with KKTM Open Day.

According to the director of the programme, Narmatha A/P Shanker, the programme aimed to encourage KKTM residents and the local community to adopt a healthy lifestyle.

“I am pleased that this programme ran smoothly and reached its objective that is to foster closer ties with one another,” she said.

The programme, which was held for two hours was led by Mazry Ismail from Fanatic Fitness Lovers leading participants in some fitness rally namely FUZE Fitness, Zumba Fitness and HipHop Dance.

Mazry explained that any exercise done was to achieve a certain goal and that was to improve and maintain health.

“Group events such as this is able to inculcate the spirit to continue being active among the public,” she concluded. – *(fl)*

Source: Roslia Jalane, KKTM

