

Petronas fitness, wellness programme

draws 27

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KOTA KINABALU: The Fitness and Wellness Achievers programme (Fawa) launched by Petronas got underway here recently. About 27 participants including Petronas staff joined the programme which is scheduled for twice a week.

The programme which will last for six months will be held at the physiology lab of the Education and Social Science School in Universiti Malaysia Sabah (UMS).

The first session, which was held two weeks after the launch, was filled with various activities, among them health screening tests, interviews and requesting data, and basically ensuring that participants are in good health to undergo each exercise.

Dr Dayang Maryana Ag Daud, who is also Sabah operations consultant for Fawa, said their target is executives who are obese, pointing out that the objective of the programme is to ensure all participants reach their ideal weight.

The Fawa programme is open to all corporate sectors who have problems finding the time, place and equipment to exercise.

One of the participants who enrolled in the first session, Petrus Garasih, 41, said although the programme is tiring, it is fun.

"I hope it can achieve my goal which is to reach my ideal weight and be healthy," said Petrus. Nizam Nazaruddin, a UMS lecturer, also praised Petronas for taking care of the community's health.