



Participants participate in a warm-up session before the Run.

Beating heart disease Via exercise

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KOTA KINABALU: Running activities like jogging can help prevent cardiovascular disease, which is the leading cause of death worldwide at 17.5 million people each year.

Health and People's Well-being Minister, Datuk Frankie Poon Ming Fung said the society should adopt a healthy lifestyle and be involved in activities that could prevent heart disease and stroke, among others.

"In 2017, records from government hospitals showed that deaths related to blood circulation in the country have reached 21.9 percent.

"Diseases of the blood circulatory system involves heart-related disease(s) and

stroke, so the efforts in the organising of this event are very timely to enhance awareness on the importance of healthy living among the people," he said.

He said this when officiating at the closing ceremony of the "Healthy Heart Run" organised by the Faculty of Medicine and Health Sciences (FPSK) of Universiti Malaysia Sabah (UMS) which was held in conjunction with the World Heart Day, here, recently.

The run involving distances of 3km, 6km and 10km around the UMS campus was organised in collaboration with Universiti Teknologi Mara (UiTM), Sabah regional campus, Sabah Rural Medical Association (Perdesa) and the support of

several non-governmental organisations (NGOs).

Meanwhile, Frankie also emphasised on the importance of regular body health checkups so as to determine their health status.

"This routine check allows early measures to be carried out according to their respective age ranges between one and two years for the young while the annual check is for those who are above 40 years old," he said.

Themed "My Heart, Your Heart," the Run was attended by around 767 participants.

Also present was FPSK Dean, Prof Dr Mohammad Saffree Jeffree.