

NATIONAL

Pedal power: Promoting a healthy lifestyle

February 12, 2024



Around 200 people joined a 15-kilometre cycling expedition to promote the importance of a healthy lifestyle at Bukit Riadah, RPN Kampong Panchor yesterday.

The Recreational Cycling Expedition 2024 was organised under the Happy Environment and Lifestyle (HEAL) programme by the Health Promotion Centre, in collaboration with Gleneagles JPMC and RPN Kampong Panchor Village Consultative Council, the HEAL programme’s Health Ambassador 2024.

Acting Village Head of RPN Kampong Panchor Zone 1 and 3 Mohammad Hilmy bin Haji Ahmad said the programme promotes a healthy lifestyle among village residents by actively engaging them in physical activities, regardless of their age.

Before the expedition began, he encouraged cyclists to ensure their bicycles were in good condition, to remain close with other cyclists during the event and to wear appropriate equipment and safety devices.

Cyclists made a pit stop at the parking area of Radio Television Brunei before returning to Bukit Riadah.

The Ministry of Health hoped that HEAL and similar programmes will help address issues related to non-communicable diseases, such as obesity, cancer and heart disease.

Minister of Home Affairs Dato Seri Setia Awang Haji Ahmaddin bin Haji Abdul Rahman participated in the expedition. – Rokiah Mahmud



Minister of Home Affairs Dato Seri Setia Awang Haji Ahmaddin bin Haji Abdul Rahman in a group photo with the cyclists. PHOTO: ROKIAH MAHMUD & MUIZ MATDANI