

NATIONAL

## Belait event promotes active lifestyle

December 4, 2023



The Ministry of Health’s Health Promotion Centre (HPC), Gleneagles JPMC, HSN Fitness, Serikandi Group and Belait District Office organised a FITNESS4U event under the Happy Environment and Lifestyle (HEAL) programme at Silver Jubli Park in Kuala Belait yesterday.

Acting Belait District Officer Haji Amirol Hafidzin bin Haji Muhammad and Serikandi Chairman and Managing Director Shaikh Haji Khalid bin Shaikh Haji Ahmad were present at the event that featured activities such as aerobic exercise, low-impact tabata, boot camp for children, youth circuit training and mini obstacle course.

The event also included an exhibition, group photos and lucky draws.

The activity was held to support of the national goal of 80 billion steps under BN on the Move initiative and raise awareness on the health benefits of physical activities. – Adib Noor



Acting Belait District Officer Haji Amirol Hafidzin bin Haji Muhammad takes a closer look at an exhibit. PHOTO: MOH