

Healthy workout to raise funds for cancer

JOHOR BARU: Some 150 Johoreans improved their overall well-being and contribute to a good cause with an entire day of workout and health-conscious shopping.

The event organised by Colombia Asia Hospital (CAH) dubbed "AyuhSihat!" was held to engage the community and raise funds for the Tunku Laksamana Cancer Foundation.

Numerous activities were prepared by the hospital to help get the participants into better shape.

Trendy cardio exercise routines such as dancing to K-pop, Tabata, Zumba and Muay Thai got the participants all charged up and buzzing with energy at the end of each session.

Yoga sessions were also availa-

ble, along with laughter yoga, where participants laugh away their stress while doing stretches, as well as yoga for children.

Booths selling organic products, essential oils and the like were also available at the location.

A trampoline photo booth was provided to give visitors a leaping good time in their photos, while a drinks stall served nourishing fruit juices to replenish their fluids after the rigorous exercises.

Colombia Asia Southern Region general manager Rahani Yaacob said as a new hospital in Johor, they are trying to reach as many people as possible.

"The public needs to get to know the risks they face in life. With the rise of non-communicable diseases in the country, people need to be



Rahani (left) launching the AyuhSihat event together with Columbia Asia Southeast Asia chief executive officer Kelvin Tan (right) and Columbia Club mascot.

educated on the ways to keep themselves healthy," she said.

Rahani added that events such as this are crucial in ensuring the hospital does its part to secure public well-being.

Apart from the event, CAH also

held an online health and lifestyle assessment test called the Sihat Challenge.

Participants submit their results online and are assessed based on their answers as either fit or at risk. – **By JOHN BARRY**