

## WORLD OBESITY DAY ACTIVITIES

### MALAYSIA

#### 1. MASO 10k Steps Challenge

**Date** : 30 October 2016,

**Venue** : Online advocacy program using social media (Facebook) towards 10k steps per day.

**Programme:**

- 1-29 October 2016 : Online Registration ( We invite all individuals to join us through facebook to sign up for MASO 10k steps challenge in conjunction with World Obesity Day)
- 30 October 2016 : Participants go for a walk and accumulate 10,000 steps on 30 October 2016.
- Participants upload their picture with pedometer/ apps with number of steps accumulated on 30 October.
- Certificate of the achievement will be given to those with more than 10 k steps.

Promotion of the 10k Steps Challenge also through these organisations:

- Ministry of Health, Division of Nutrition
- Universiti Kebangsaan Malaysia (UKM)
- Universiti Putra Malaysia (UPM)
- Universiti Sains Malaysia (USM)
- Universiti Sultan Zainal Abidin (UniSZA)
- Universiti Teknologi MARA (UiTM)
- Taylor's University

To Register, go to: <http://bit.ly/2e3K2QM>



## 2. UKM-MASO Healthy Active Lifestyle Programme

Organiser : Universiti Kebangsaan Malaysia, Faculty of Health Sciences'  
Fitness Centre

Co-organiser : MASO

**Date** : 28 October 2016, Friday

**Venue** : UKM Kuala Lumpur campus

### Programme:

8.00 a.m. Registration

8.30 a.m. Zumba session



9.30 a.m. Snack break

10.00 a.m. Diet & Exercise: Come! Let's ask Dr Nikie


(by: Assoc Prof Dr Nik Shanita Safii, MASO Council member)

11.30 a.m. Promotion of FSK Fitness Centre & MASO 10k Steps Challenge

12.00 p.m. End

 **WORLD OBESITY DAY** *in conjunction with*  **HARI SUKAN NEGARA**

**World Obesity Day & National Sport Day**



 **ZUMBA**


**28 October 2016 (Friday)**  
**7:45am – 12:00pm**  
**Badminton Court, UKMKL**

**PROGRAMME:**  
7:45am: Registration & Body Fat Analysis  
8:30am: Zumba Session (by ZIN Cassy)  
9:30am: Snack Break  
10:00am: Diet & Exercise—Let's Ask Dr. Nikie (@BSD 04)  
11:30am: Promotion of FSK Fitness Centre

**FREE**  
(will register in eSPeL)

**Limited to 80 pax ONLY!!**

**Organizer:**   **FSK** Fitness Centre

**Co-Organizer:**  **MASO** 1994  
ALL FOR LESS  
Malaysian Association for the Study of Obesity

**Contact: Zahila/Hedir @ 03-9289 5019/5020**

### 3. Malaysia MOH – World Obesity Day Programme

Organiser : Division of Nutrition, Ministry of Health Malaysia

**Date** : 11 October 2016, Tuesday

**Venue** : Complex E7, Ministry of Health, Putrajaya Administrative Center

**Time** : 10.00 a.m. – 3.00 p.m.

#### Activities:

- Nutritional Counselling
- “Try & Taste” activity
- Promotion of “MyNutriDiari” smartphone app
- “What are you eating?” Exhibition



SEE YOU!

Tuan/Puan  
dijemput hadir

Sambutan Hari Obesiti Sedunia 2016  
'Ending Childhood Obesity -  
act today for healthier future'

**Aktiviti**

- Sesi Kaunseling Pemakanan
- Aktiviti 'Try & Taste'
- Penggunaan 'MyNutriDiari'
- Pameran 'Makan APE tu!!!'

**Tempat:**  
Perkarangan Kafeteria Kompleks E7

**Tarikh :**  
11 Oktober 2016 (Selasa)

**Masa :**  
10.00 pagi - 3.00 petang