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:

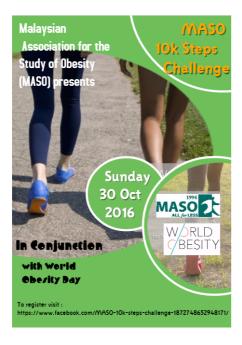
 1-29 October 2016: Online Registration (We invite all individuals to join us through facebook to sign up for MASO 10k steps challenge in conjunction with World Obesity Day)

- 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 Technologi 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



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









