



MODUL KOSPEN WOW

SKOP 4

HIDUP YANG AKTIF



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OBJEKTIF



5.1K 3.1K comments 4.4K shares 326K views

Like

Comment

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734,534 people reached >

Boost Post

1. Mewujudkan suasana organisasi yang menyokong gaya hidup yang aktif
2. Mempromosikan peningkatan tahap aktiviti fizikal warga kerja yang kadangkala aktif dan meningkatkan kesedaran di kalangan yang tidak aktif
3. Menggalakkan pekerja mengamalkan gaya hidup yang aktif

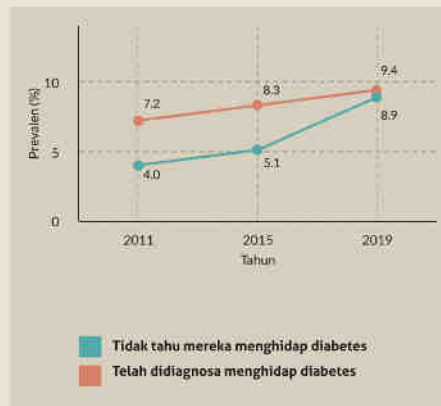
04 Diabetes di Malaysia

1 daripada 5 dewasa di Malaysia menghidap **diabetes**



Dianggarkan **3.9 Juta** orang berumur 18 tahun ke atas

Trend Diabetes 2011 - 2019



Prevalens diabetes mengikut kumpulan umur



Prevalens diabetes di seluruh negeri; prevalens tertinggi didapati di negeri-negeri berikut :



* menggunakan paras 7.0 mmol/L untuk tahap gula dalam darah yang berpuasa

05

Hipertensi



Hipertensi atau tekanan darah tinggi yang tidak dirawat boleh mengakibatkan serangan jantung, strok dan penyakit kardiovaskular yang lain

Bacaan tekanan darah

$\geq 140/90$ mmHg

adalah **tinggi**

Hanya separuh

menyedari bahawa mereka menghidap penyakit ini

Di dalam kalangan mereka,

90% mengambil ubat-ubatan,

namun hanya

45% mempunyai tekanan darah yang terkawal



3 daripada 10

atau **6.4 juta orang** di Malaysia menghidap hipertensi

Tekanan darah tinggi meningkat dengan usia

Bagi mereka yang di bawah umur **30 tahun**

lelaki

adalah **3X lebih** ramai mengalami hipertensi berbanding perempuan

Jalankan pemeriksaan tekanan darah dengan kerap dan pastikan anda mempunyai tekanan darah yang terkawal

#KawalTekananDarah Anda



06 **Kolesterol tinggi**



Kolesterol yang tinggi boleh menyebabkan **deposit lemak** pada dinding pembuluh darah (arteri) dan boleh mengakibatkan **sakit jantung**

Tahap kolesterol tinggi ialah jumlah kolesterol:

5.2 mmol/L atau lebih



4 daripada 10 orang atau **8 juta** orang dewasa di Malaysia mempunyai tahap kolesterol tinggi

 **LELAKI**
32%
 Perempuan mempunyai tahap kolesterol yang lebih tinggi berbanding lelaki

 **PEREMPUAN**
45%

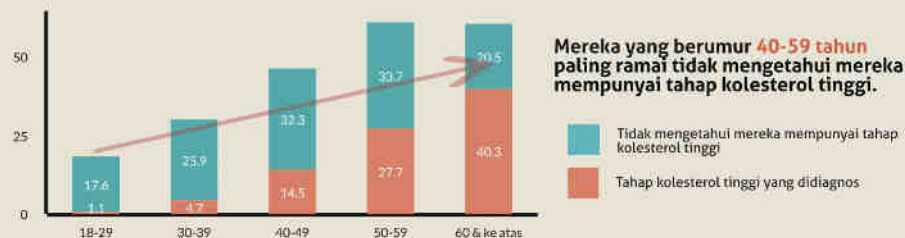
1 daripada 4 tidak tahu mereka mempunyai tahap kolesterol tinggi



80% daripada mereka yang mempunyai tahap kolesterol tinggi menerima ubat penurun kolesterol



63% daripada mereka yang menerima ubat penurun kolesterol berjaya mengawal tahap kolesterol mereka



19

Lebih berat badan/obesiti & obesiti abdomen: Tanda risiko kesihatan

1 daripada 2 dewasa di Malaysia adalah dalam kategori **berlebihan berat badan atau obes**

LEBIH BERAT BADAN = Indeks jisim tubuh (IJT) melebihi 25 kg/m²

OBES = Indeks jisim tubuh (IJT) melebihi 30 kg/m²



Di dapati adalah tinggi di kalangan mereka:

Perempuan
54.7%



Etnik India
63.9%



Umur 55-59 tahun
60.9%

1 daripada 2 dewasa di Malaysia adalah dalam kategori **obesiti abdomen**

OBESITI ABDOMEN = Ukur lilit pinggang ≥ 90 cm bagi lelaki ≥ 80 cm bagi perempuan



Di dapati adalah tinggi di kalangan mereka:

Perempuan
64.8%



Etnik India
68.3%



Umur 60-64 tahun
71.5%

Penyakit yang dikaitkan dengan lebih berat badan/obesiti dan obesiti abdomen



Diabetes



Hipertensi



Penyakit
Kardiovaskular

Apa yang boleh anda lakukan?



Makan makanan sihat dan seimbang



Aktif secara fizikal



Elak minuman alkohol



Berhenti merokok



Urus tekanan dengan baik

Static Squat Challenge



WorkoutLabs.com

SQUATS

primary muscle: glutes

supporting muscles: quads, hamstrings, hips, low back

Bodyweight Squat



This is the most basic version of a squat, which should be performed when learning the movement or starting a program after a long break (adaptation phase). With just bodyweight, you can focus on the form of sitting back on the heels, and knees not travelling forward past toes, while keeping the back straight. This way the focus is on increasing flexibility over time if the range of motion is not there initially (through hips and low back) before adding any weight or compression of the spine. For an even more controlled and basic progression in a machine, look to leg press.

Weight loss phase:
Adaptation
Performance phase:
Rehabilitation

1

Dumbbell Squat



This is the easiest way to add some weight to the exercise to increase difficulty, especially when focusing on building strength. By holding the dumbbells in the hands, there is also less compression on the spine as a weighted squat than the barbell version. This can also help increase the core stability needed for this movement ahead of moving to a heavier version. Proper biomechanics are easier if dumbbells are held up at the shoulders or else one dumbbell held in front of the chest hanging down (i.e. Goblet Squats).

Weight loss phase:
Build, Hypertrophy
Performance phase:
Hypertrophy

2

Barbell Squat



This variation of squat is the best way to effectively add a heavy load to the movement in order to build strength (both hypertrophy and max), while keeping the proper squat form intact and right muscles working functionally. Due to the weight resting in behind the neck, this variation does have the most spinal compression and demand on the entire core, in addition to the primary movers. It is very difficult to do this exercise in a heavy enough way to challenge your threshold without using the barbell.

Weight loss phase:
Build
Performance phase:
Hypertrophy, Max Strength (bulk)

3

Bosu Squat



Doing a squat on the unstable but flat surface of the Bosu adds a degree of functionality and neurological engagement to this movement which helps increase hip, knee and ankle stability. This is a great way to add difficulty to this movement, or improve on the weakest part of this chain without loading a lot of weight, and can also serve to help strengthen the core engagement needed for heavier squats on the ground. For a weight loss program, this unstable squat is a good way to engage more muscles and add an element of balance to the exercise which would demand more calories in a burn phase, or help build functional strength in a building phase.

Weight loss phase:
Build/Burn
Performance phase:
Functional Strength, Stability

4

Jump Squat



This is the explosive version of a squat where the goal is to accelerate through the movement and jump as high as possible from the squat position. This makes this variation demand the speed of muscle contraction for the chain of muscles involved in the squat, which is also more demanding on the nervous and energy systems for each repetition. This makes it ideal for a burn phase of a weight loss program, or can be used paired with a weighted squat to help build power for a performance workout. Keeping the focusing on spending as little time on the ground as possible between jumps makes the focus more plyometric.

Weight loss phase:
Burn
Performance phase:
Power, Plyometrics

5

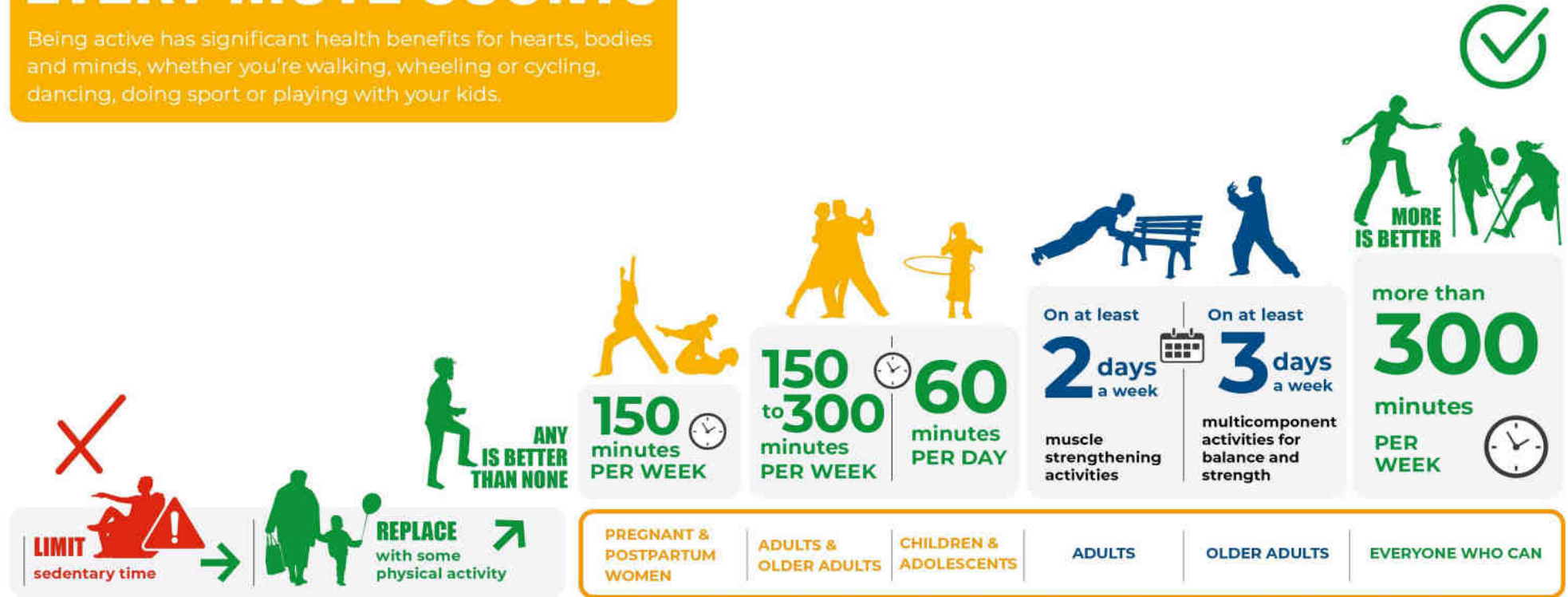
Physical Activity vs Exercise

Comparison Table

Characteristics	Physical Activity	Exercise
Definition	Refers to any body movements that result in the utilization of energy	Refers planned, purposeful, repetitive and structured physical activities performed to acquire health benefits and body fitness
Examples	Examples include walking, housework, gardening, walking the stairs and general labour activities including activities done throughout the day that involve movement	Examples include weight lifting, swimming, running, cycling, working out at a gym and sports activities such as tennis and golf

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



WHO guidelines on physical activity and sedentary behaviour (2020).

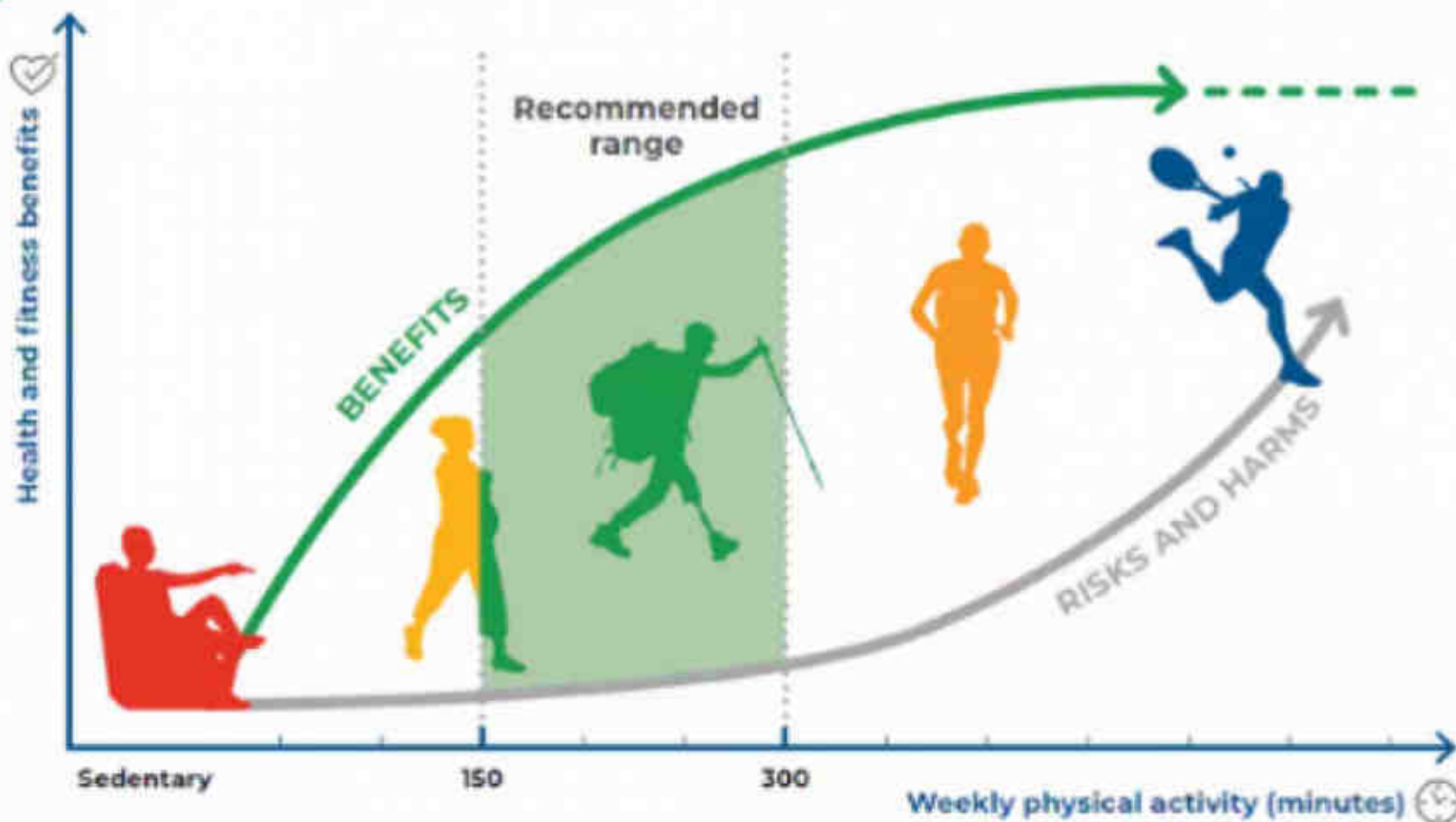
For more information, visit: www.who.int/health-topics/physical-activity

LET'S
Be active
Everyone
Everywhere
Everyday

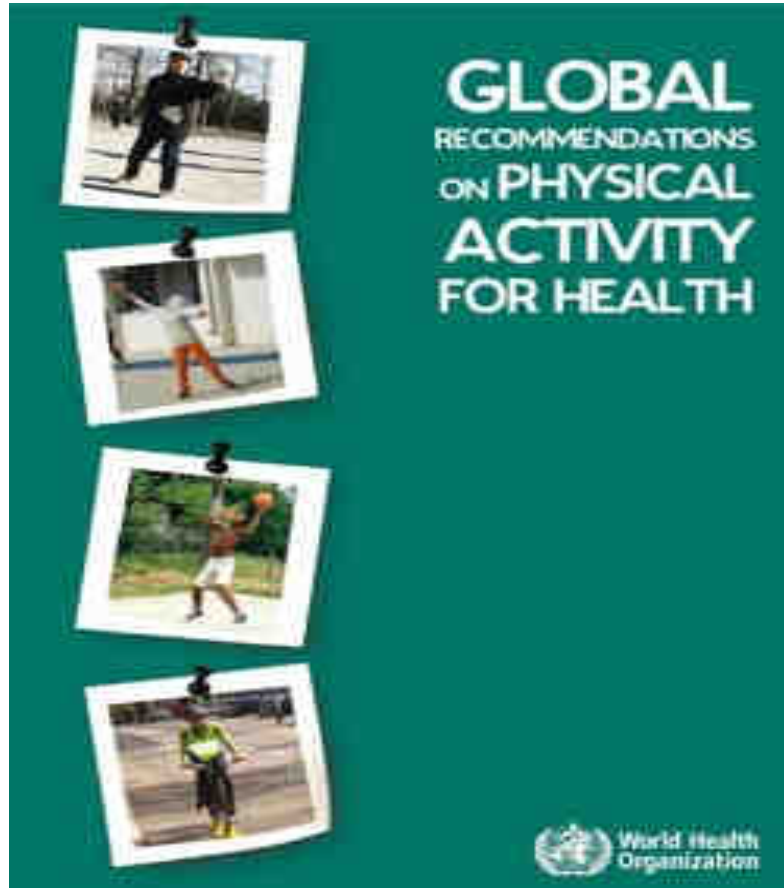
 World Health Organization

Every Move Counts

Doing some physical activity is better than doing none.



SARANAN AKTIVITI FIZIKAL



Pertubuhan Kesihatan Sedunia (WHO
2020)

Umur	Penerangan
5-17 thn	Aktiviti fizikal intensiti sederhana hingga tinggi sekurang-kurangnya 60 minit setiap hari untuk 3 hari dalam seminggu
18-64 thn	sekurang-kurangnya 150 hingga 300 minit aktiviti fizikal intensiti sederhana sepanjang minggu atau sekurang-kurangnya 75 minit hingga 150 minit aktiviti fizikal intensiti tinggi.
65 thn ke atas	sekurang-kurangnya 150 minit – 300 minit aktiviti fizikal melibatkan aerobik tahap sederhana seminggu atau sekurang-kurangnya 75 – 150 minit aktiviti fizikal melibatkan aerobik tahap tinggi sepanjang minggu dengan kombinasi aktiviti fizikal tahap tinggi dan sederhana.

tips to increase your physical activity



set realistic goals



take the stairs



get your friends
involved



walk part of
your commute



take regular
breaks from sitting



make it fun!

BENEFITS OF EXERCISE



IMPROVE YOUR MENTAL HEALTH.



REDUCE YOUR RISK OF HEART DISEASE.



HELP CONTROL YOUR WEIGHT.



HELP YOU QUIT SMOKING.



STRENGTHEN YOUR BONES AND MUSCLES.

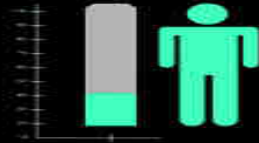


REDUCE YOUR RISK OF FALLS.



KEHIDUPAN AKTIF YANG MENAKJUBKAN!

➔ 1. AMALAN AKTIVITI FIZIKAL SECARA TETAP MEMBERIKAN BANYAK KEBAIKAN:



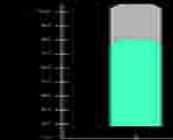
- MENURUNKAN KANDUNGAN GULA DALAM DARAH



- MENINGKATKAN KECERGASAN JANTUNG



- MENGUATKAN TULANG, OTOT DAN SENDI



- MENINGKATKAN TENAGA DAN STAMINA



- MENINGKATKAN KUALITI TIDUR



- MENJADIKAN PERGERAKAN LEBIH TANGKAS



- MENINGKATKAN KECERDASAN MINDA



- MENINGKATKAN KESIHATAN KELAMIN



- MENINGKATKAN KESEIMBANGAN BADAN

➔ 2. MENGURANGKAN RISIKO MASALAH KESIHATAN DAN PENYAKIT KRONIK SEPERTI:

- PENYAKIT JANTUNG
- DIABETES
- HIPERTENSI
- ANGIN AHMAR
- KANSER USUS BESAR
- OSTEOPOROSIS
- KEMURUNGAN

Static Single Leg Challenge



CORRECT LIFTING TECHNIQUE

Plan your lift, checking you have a clear route.

Keep your back straight.

Bend your knees (not your waist) and lift with your leg muscles.

Wear appropriate footwear.



Face forwards, do not bend your neck.

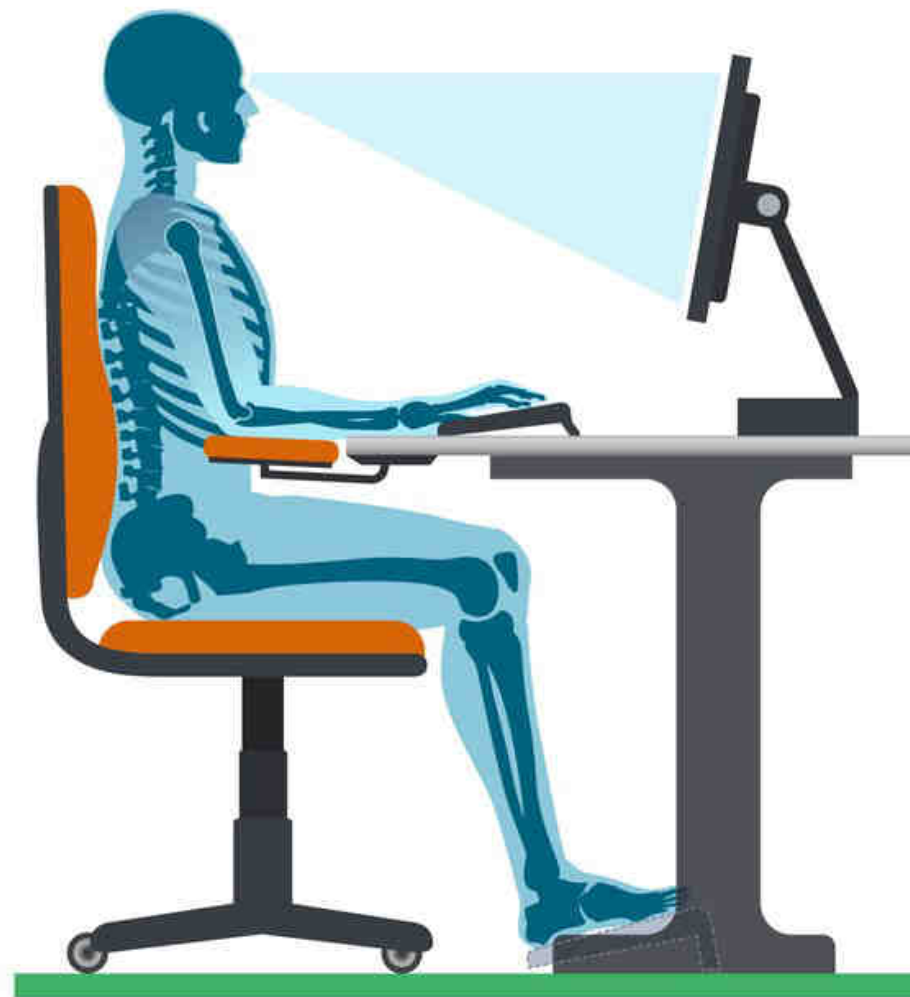
Do not stack boxes if this will obscure your view.

Get a good grip and hold the object close to your body.

Keep your feet shoulder width apart.



✘ WRONG SITTING POSTURE



✔ CORRECT SITTING POSTURE



A Sedentary Lifestyle
= Sitting Is The New Smoking =





WE ARE SITTING TOO MUCH

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.



Average hours of seated commute
+ average hours of seated homelife = too much sitting!

 +  +  +  = **7.7** hours

A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated.

Keep your shoulders straight and stable — don't let them hang forward.

While walking, let your arms swing casually and naturally, with your elbows slightly bent.

Slightly tense your glutes at the end of each and every step.

The knee of your back leg should be slightly bent

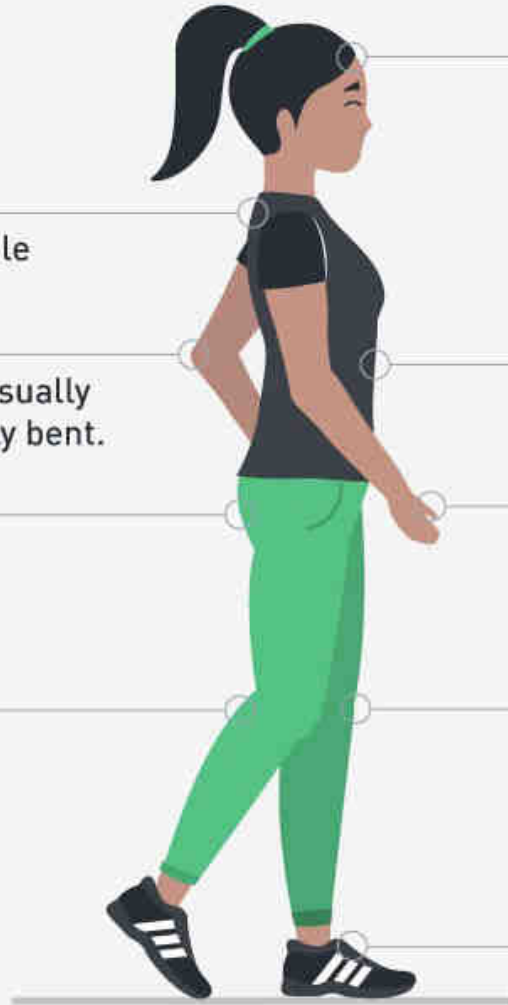
Hold your head up straight: just look straight ahead and keep your chin parallel to the ground.

Keep your core muscles slightly flexed while walking.

Keep your thumbs pointing forward — this helps you keep your shoulders upright.

When shifting your weight to your front leg, stretch your knee forward.

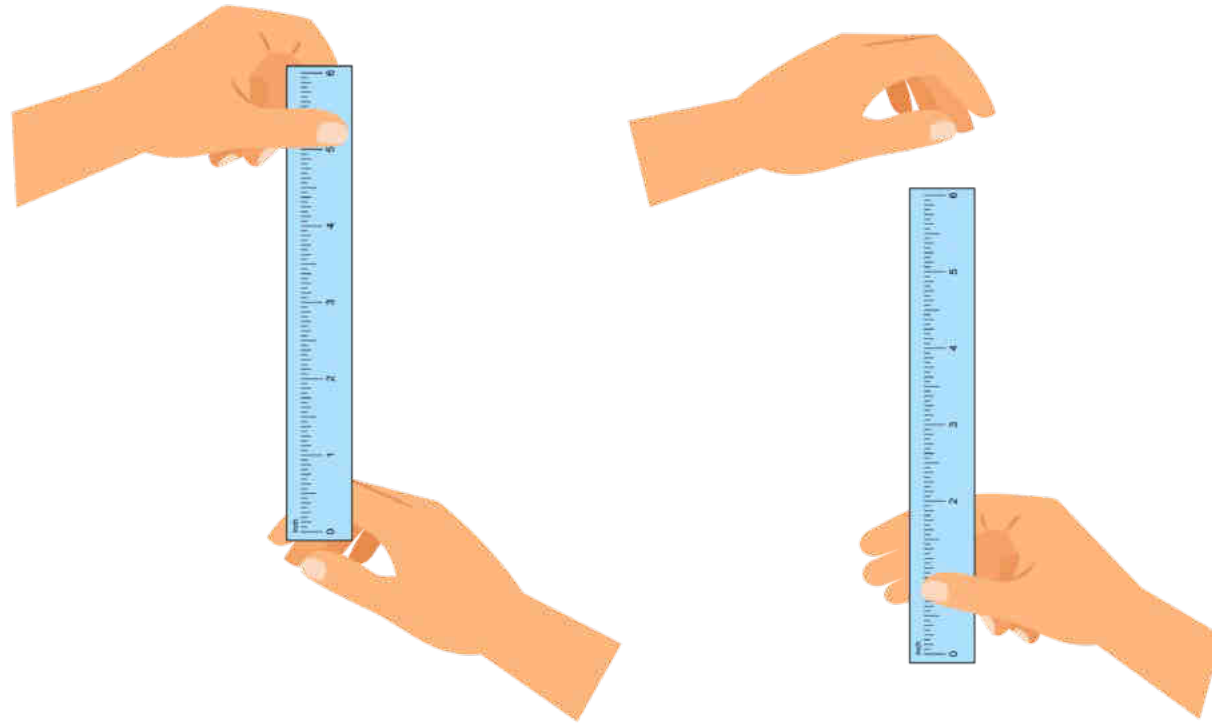
Your feet should always be pointed forward.



1. Walk or ride at least part of the way to work
2. Volunteer for the coffee run
3. Have standing or walking meetings
4. Wear comfortable clothes and shoes
5. Track your steps
6. Try a standing desk
7. Walk instead of calling or emailing
8. Stretch

1. Get moving at lunch time
2. Take the stairs
3. Start an office fitness challenge
4. Turn waiting time into moving time
5. Set a timer

Alert test : Pen and Ruler challenge



Alert test : Walk and Freeze





10,000 Langkah sehari

Berjalan 10,000 Langkah bersamaan 7-8 km
& dapat membakar 500 kalori

LANGKAH SEHARI	AMALAN GAYA HIDUP SIHAT
Kurang 5000	Sedentari (Tidak Aktif)
5000 hingga 7499	Kurang Aktif
7500 hingga 9999	Sederhana Aktif
10 000 hingga 11 999	Aktif
12000 ke atas	Sangat Aktif



CADANGAN AKTIVITI

1. Berjalan 10,000 Langkah

- Berjalan adalah aktiviti fizikal yang mudah, murah dan berimpak rendah
- Ia sesuai dilakukan oleh semua golongan pada bila-bila masa
- Amalan 10,000 langkah setiap hari mampu memberi faedah kesihatan optimum
- Aktiviti ini boleh dilaksanakan secara individu, keluarga, dan teman sekerja

CADANGAN AKTIVITI

2. Jom Guna Tangga

- Amalan ini memberi banyak faedah kepada kesihatan seperti meningkatkan ketahanan kardiovaskular dan meningkatkan kekuatan dan ketahanan otot
- Malah menggunakan tangga dapat menjimatkan kos elektrik di tempat kerja





irmahasmie
Hospital Shah Alam >



♥ 1,145 likes

irmahasmie Waahhh... nak sahut cabaran lah 😬

[View all 16 comments](#)

nurulernadewi Nak merajinkan diri turun naik tangga rumah ler cenggini 🍷🍷🍷







Saya syorkan semua pejabat kerajaan mahupun swasta, **pukul 11 pagi berhenti kerja (seketika)** dan membuat senaman... kalau boleh di luar bilik penghawa dingin. Semua (kakitangan) **keluar selama 15 minit buat senaman** dan selepas itu balik kerja semula.



PERDANA MENTERI
TUN DR MAHATHIR MOHAMAD

Tun M ketika berucap melancarkan Kempen Promosi Hidup Aktif peringkat kebangsaan Kementerian Kesihatan



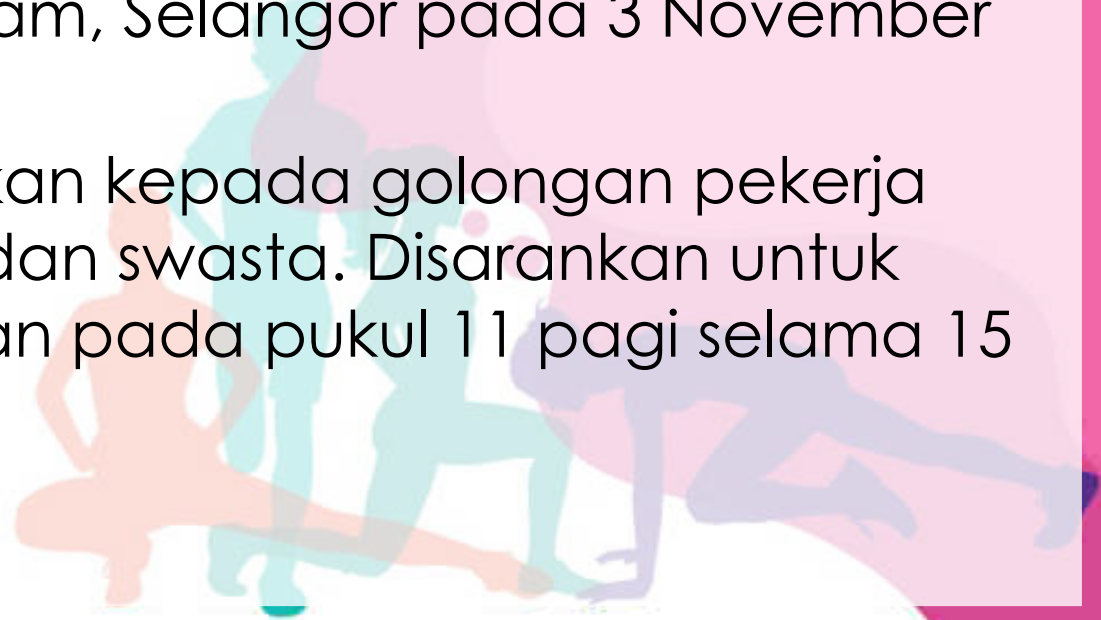
3,992 likes

sinarharian Syor kakitangan kerajaan, swasta buat senaman 15 minit.



Senaman 15 Minit

- Diilhamkan oleh YAB PM Malaysia, Tun Dr. Mahathir Bin Mohamad ketika merasmikan Kempen WALK (*When Active Living Kicks*) di Oval Lawn, Setia City Park, Setia Alam, Selangor pada 3 November 2018
- Disasarkan kepada golongan pekerja awam dan swasta. Disarankan untuk dilakukan pada pukul 11 pagi selama 15 minit



Plank test

STATIC PLANK (front hold)

primary muscle: core

supporting muscles: abs, low back, hips

Plank on Elbows



The basic front hold, this variation is the easiest way to get the right angles and muscle engagement in holding the straight line between ankles, knees, hips and shoulders. Use this variation as a good starting point and way to build up more time for the exercise (muscle endurance) before adding more difficulty or instability in different areas of the core (torso, shoulder and hip girdle).

1

Plank on Hands



Moving up to the hands for this exercise, with straight arms, adds increased engagement and difficulty for the scapula (shoulder blades or girdle), the foundation for all of your arm strength and stability. This variation is more challenging for the upper body and adds more elbow and wrist stability to the exercise. For more difficulty and balanced core engagement, place your feet on a bench so that body is parallel to the ground.

2

Plank with Feet on Bosu



This variation introduces mild instability to the lower body, while still maintaining the correct body position, with hips in line with knees and shoulders. The instability from the round side of the bosu forces hips, knees and ankles to work more functionally to balance and stabilize in order to hold this body line, without having to also balance the body on the horizontal plane like more difficult variations (on the flat side for example). This makes this variation a good way to work stable core endurance strength (increasing time of the hold) while also increasing hip, knee and ankle stability.

3

Plank with Elbows on Ball



The exercise ball adds instability and balance to the front hold, forcing all of the muscles to work together not just to hold the body line position (shoulder, hips, knees and ankles), but also to hold the body horizontal to the ground throughout the hold. This means the chains of muscles are not only working from head to toe to keep the body in line, but also working across the midline to maintain balance. This variation puts a focus on the upper body stability by placing the ball under the elbows, meaning the scapula (shoulder blades) are working to stabilize arms, while the entire core works to maintain horizontal balance. This can be made more difficult by placing feet on a bench and getting body parallel to the ground.

4

Plank with Feet on Ball



This is the most difficult variation of the front hold variations that can be done without introducing one arm/leg variations, dynamicism and/or super instability (multiple balls/bosus). In this variation there is major instability for the lower body and in particular the hip girdle as it works not only to keep hips straight with feet on the ball, but also to keep the whole body straight as the ball wants to roll. By being in a completely parallel to the ground position and on hands with straight arms to maintain it, the scapula (shoulder girdle) also has increased engagement. With both hip upper and lower body working harder to stabilize, and being higher up off the ground, it is more difficult to keep the hips up in line with knees and shoulders, as well as parallel to the ground.

5

Rating	Male	Female
World record	33 mins	33 mins
Exceptional	6:30 +	6 mins+
Very strong	240-390	240-360
Strong	120-240	120-240
Healthy	60-120	60-120
Acceptable	30-60	30-60
Weak	11-29	11-29
Very Weak	1-10	1-10
Alarminglly weak	can't hold position	

JOM X-BREAK

TAHAN SETIAP PERGERAKAN SELAMA **8** SAAT

1,2...**MULA!**

1



LEHER

Letakkan tangan kanan di pipi kanan, kemudian tolak pipi kanan ke kiri. Tahan. Ulang gerakan sama untuk pipi kiri.

BAHU

Pusing bahu ke hadapan selama 8 saat. Kemudian pusingkan bahu ke belakang.



2

3



LENGAN

Angkat tangan kanan lurus ke atas, kemudian bengkok ke belakang. Gunakan tangan kiri untuk tarik siku kanan. Ulang gerakan sama untuk tangan kiri.

PINGGANG

Luruskan badan, pusing pinggang kanan ke kiri. Tahan dan kemudian ulang pinggang kiri ke kanan.



4

5



PAHA

Angkat paha kanan 90°, pegang lutut kanan, tarik ke atas dan tahan. Ulang gerakan sama dengan paha kiri

6

BETIS

Pacak tumit kaki kanan dan tahan. Ulang gerakan sama dengan tumit kaki kiri.



TAHUKAH ANDA?

Duduk statik secara berterusan lebih dari **2 jam** memberi banyak **kesan buruk** kepada kesihatan anda.



X-BREAK adalah senaman regangan di tempat kerja untuk **meningkatkan fleksibiliti** dan **memberi relaksasi** kepada otot.

ANDA AKAN LEBIH

- Segar dan Cergas
- Bertenaga
- Fokus untuk bekerja

CADANGAN AKTIVITI

3. X-Break

- *X-Break* adalah regangan ringkas di tempat duduk dan dilakukan di antara waktu bekerja
- Peruntukan masa sekurang-kurangnya 5 minit untuk satu sesi *X-Break* pada pukul 11 pagi dan 4 petang
- Aktiviti menggunakan peralatan seperti getah senaman, *dumbbell*, botol air, meja dan kerusi boleh meningkatkan kekuatan dan ketahanan otot badan



Sumber dan terbitan:
Kementerian Kesihatan Malaysia



myhealthkkm



JOM X BREAK



REGANGAN KERUSI SEBAGAI ALAT SENAMAN
TAHAN SETIAP PERGERAKAN SELAMA 8 SAAT

1,2...MULA!



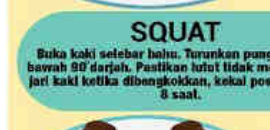
PAHA
Berdiri di belakang kerusi sambil pegang kerusi sebagai imbangan, angkat lutut kanan 90 darjah dan kekalkan posisi selama 8 saat. Ulang gerakan dengan lutut kiri.



PAHA
Tolak sedikit kaki kanan ke sisi kanan dan kekalkan posisi selama 8 saat. Kembali ke posisi asal dan ulang gerakan dengan kaki kiri.



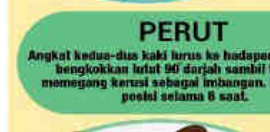
PAHA
Tolak kaki kanan ke belakang sedikit dan kekalkan posisi selama 8 saat. Kembali ke posisi asal dan ulang gerakan dengan kaki kiri.



SQUAT
Buka kaki selebar bahu. Turunkan punggung ke bawah 90 darjah. Pastikan lutut tidak melebihi ibu jari kaki ketika dibengkokkan, kekal posisi selama 8 saat.



PINGGANG
Duduk di atas kerusi dan tegakkan badan. Pusingkan pinggang ke kanan sambil tangan memegang kerusi, kekalkan posisi selama 8 saat. Ulang gerakan dengan pusingkan pinggang ke kiri.



PERUT
Angkat kedua-dua kaki lurus ke hadapan kemudian bengkokkan lutut 90 darjah sambil tangan memegang kerusi sebagai imbangan. Kekalkan posisi selama 8 saat.



PAHA
Angkat kaki kanan serta luruskan ke hadapan dan kekalkan posisi selama 8 saat. Ulang gerakan dengan kaki kiri.



BETIS
Pacak tumit kanan, turunkan badan ke bawah kemudian sentuh hujung jari kaki dengan tangan kanan dan kekalkan posisi selama 8 saat. Ulang gerakan dengan tumit kiri.



TAHUKAH ANDA?

Duduk statik secara berterusan lebih dari 2 jam memberi banyak kesan buruk kepada kesihatan anda.



X-BREAK adalah senaman regangan di tempat kerja untuk meningkatkan fleksibiliti dan memberi relaksasi kepada otot.

ANDA AKAN LEBIH

- Segar dan Cergas
- Bertenaga
- Fokus untuk bekerja

Kekal aktif dan sihat sepanjang masa. Produktiviti meningkat, prestasi cemerlang



Sumber dan terbitan:
Kementerian Kesihatan Malaysia



JOM X BREAK



REGANGAN MEJA SEBAGAI ALAT SENAMAN
TAHAN SETIAP PERGERAKAN SELAMA 8 SAAT

1,2...MULA!



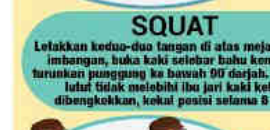
TANGAN
Letakkan kedua-dua tangan di atas meja sebagai imbangan, kemudian turunkan badan ke hadapan sambil bengkokkan siku 90 darjah, kekalkan posisi selama 8 saat.



DADA
Tangan masih kekal di atas meja, lebarkan sedikit bahu tangan dan kaki kemudian, turunkan badan sedikit sambil bengkokkan siku, kekalkan posisi selama 8 saat.



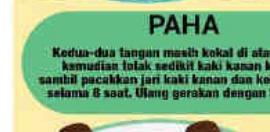
BELAKANG LENGAN
Pusingkan badan hingga membelakangkan meja, letakkan kedua-dua tangan di atas meja. Turunkan badan 90 darjah sambil bengkokkan siku serta lutut dan kekal posisi selama 8 saat.



SQUAT
Letakkan kedua-dua tangan di atas meja sebagai imbangan, buka kaki selebar bahu kemudian turunkan punggung ke bawah 90 darjah. Pastikan lutut tidak melebihi ibu jari kaki ketika dibengkokkan, kekal posisi selama 8 saat.



PAHA
Berdiri berhampiran meja sambil memegang meja sebagai imbangan. Angkat lutut kanan 90 darjah dan kekalkan posisi selama 8 saat. Ulang gerakan dengan lutut kiri.



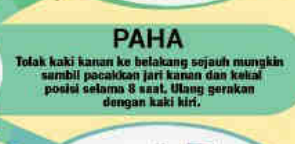
PAHA
Kedua-dua tangan masih kekal di atas meja, kemudian tolak sedikit kaki kanan ke sisi sambil pacakkan jari kaki kanan dan kekal posisi selama 8 saat. Ulang gerakan dengan kaki kiri.



PAHA
Tolak kaki kanan ke belakang sejauh mungkin sambil pacakkan jari kanan dan kekal posisi selama 8 saat. Ulang gerakan dengan kaki kiri.



BETIS
Letakkan tangan di atas meja sebagai imbangan. Jengketkan kedua-dua kaki ke atas dengan menggunakan kekuatan jari kaki dan kekal posisi selama 8 saat.



TAHUKAH ANDA?

Duduk statik secara berterusan lebih dari 2 jam memberi banyak kesan buruk kepada kesihatan anda.



X-BREAK adalah senaman regangan di tempat kerja untuk meningkatkan fleksibiliti dan memberi relaksasi kepada otot.

ANDA AKAN LEBIH

- Segar dan Cergas
- Bertenaga
- Fokus untuk bekerja

Kekal aktif dan sihat sepanjang masa. Produktiviti meningkat, prestasi cemerlang



Sumber dan terbitan:
Kementerian Kesihatan Malaysia



CADANGAN AKTIVITI

4. Aktiviti Fizikal Mingguan

- *Treasure hunt*
- Senamrobik
- Berbasikal
- Berjalan 10, 000 langkah
- *Skipping* (lompat tali)



CHAIR EXERCISE



Resistance Band Exercise



SAVVA ABUL... Family & Women... TAN CHING LI... GORDON AHO... DORISNA SARAGATU...



- 1 Get moving... 2 Build teamwork... 3 Use department... 4 Smart partnerships... 5 And the award...



Shipshape staff

Colleagues who sweat together, work better together.

By SHEELA CHANDONG

OKAY, let's be honest. How many of us are getting enough exercise in a day? Three times a week, 30-45 minutes per session? The truth is, not many. While we try to eat healthy...

There's more worrying news. A 2013 study by British medical journal The Lancet found that Malaysia is the most obese country in Asia. It showed that 49% of women and 44% of men in this country were found to be overweight...

Recently, it was reported that the administrative staff of Petronas has the highest rate of overweight and obese people in the country. The article 'Petronas Staff Obese Lard' in The Star, April 21 reported the 2013 NIDHS physical fitness survey as the city with the highest percentage of overweight, obese, and abnormally obese people in the country.

Burn 'em calories

Given the importance of health and fitness, it's imperative to know that several corporations have taken steps to offer wellness programmes for employees. Besides utilising facilities at the clubhouse, SSC members are welcome to sign up for events including the sports carnival, family day, treasure hunt, volunteer programmes, inter-departmental sports tournaments, local and overseas trips, and medical camps.

employees. The recreational centre offers facilities such as a 350sq m gymnasium, sauna room, squash court, table tennis, pool table and cardroom. There's also a 100sq m well-lit room where yoga and zumba classes are held after work hours.

The yoga and zumba classes have been on-going for 10 years and two years respectively. They receive positive response, with over 100 employees participating each week. There are plans to introduce Training for Warriors - a fitness programme comprising warm-ups, speed, strength and endurance training - for employees soon.

Digital communication centre executive Nur Hidayati Hatain is a regular face at the yoga and zumba classes, held on Tuesdays and Fridays. The 30 something looks pleased to be there as they see her, and a great way to keep in shape.

Exercise is motivation to counteract my otherwise sedentary lifestyle. My instructors have a lot of knowledge in their respective fields and I enjoy working out with my colleagues. said Nur Hidayati, who pays RM100 per month in membership fees. Besides utilising facilities at the clubhouse, SSC members are welcome to sign up for events including the sports carnival, family day, treasure hunt, volunteer programmes, inter-departmental sports tournaments, local and overseas trips, and medical camps.

set up three decades ago, the SSC has become more than just a recreation centre. It has become a place where employees get together to support each other. The SSC has also become a place where employees get together to support each other.

Adrian Ibrahim, said the programme focuses on five key aspects - physical, emotional, social, community and career. The Maxxi headquarters is equipped with an in-site fitness centre that helps staff keep fit in the comfort of their office.

The programme goes above and beyond sports and allows employees to engage in hobbies such as fishing and photography, and even learning Mandarin.

"We have various fitness and sports activities such as tennis, yoga, pilates, badminton, swimming, standing pilates, boxing and dance. Most of our staff are into it and are keen to learn more. For instance, we have a group of fitness enthusiasts who meet every week to discuss their fitness goals and share their experiences."

"The research found it is possible to use work time for exercise or other health promoting measures and still obtain the same, or higher, productive levels.

Seeing how exercise can boost an employee's attitude, telecommunications giant Maxxi launched its Fit & Active programme, a holistic well-being programme geared to "re-energise" employees at its headquarters in Kuala Lumpur. Launching last year, the programme encompasses the attraction that healthier and fitter employees mean greater engagement and higher productivity. It's kind of people and organisations.



Fitness drive

More than 600 staff took part in a fitness drive at the office building at Petronas, Kuala Lumpur.

- 1 Spend an extra... 2 Increased productivity... 3 A little goes a long way... 4 Smart partnerships... 5 And the award...

"After launching the programme in 2011, we have seen a 10% increase in productivity. We believe the programme has positively impacted productivity in the long run."

Health is wealth

When Bank Muamalat Malaysia Berhad conducted a nationwide employee medical check-up in 2013, the management received disconcerting news.

Results indicated many employees were inactive and suffered health problems including diabetes, high blood pressure and obesity. It also revealed a high percentage of employees were inactive due to lack of exercise.

The following year, the bank launched a wellness health and exercise programme for employees based at its headquarters in Kuala Lumpur.

Besides monthly health talks, employees are encouraged to sign up for five weekly cardio exercise classes held at the bank's premises. To drive home the point to stay fit, posters and newsletters on health and fitness are distributed to employees regularly.

"We have received very positive responses from staff. There's a change in their eating habits. Many have seen the results and we committed towards exercising and leading a healthy lifestyle."

To encourage overweight staff to shed extra kilos, the fitness institution also organised "Lean To Win", a three-month weight loss competition. It received an overwhelming response, with

participation from 160 employees. Winnee Nasir head coach believed it was the strongest champion after losing over 11kg. "To keep tabs on my health, I decided to track my weight and my body fat percentage. I'm happy with the weight loss results and I've served as a motivational factor to continue to lead a healthier lifestyle."

Sweat it out

If you wish the body of Barack II at the Kuala Lumpur Petronas office, Wednesday mornings may be the best time to go. At 4:30pm, the ministry organises "Sweet Wednesday", an exercise programme where staff members are encouraged to join in a series of fitness classes.

Since 2014, the ministry has been organising zumba classes to encourage staff to remain healthy and active. Classes are free and conducted by trained instructors. said Nur Hidayati, who is the ministry's director of staff development.

Besides zumba, employees can also participate in other fitness activities including aerobics, resistance band exercise, high-intensity interval training, 10,000 steps or more, cycling and core workout programmes.

"Response has been fantastic. On average, 40 zumba classes each week are held at the office."

Sarah, who exercises at 10:00am every day, said she has lost 10kg in the last six months. She also participates in the "Sweet Wednesday" programme.

He adds, fitness and a healthy diet go hand in hand. It's not just about eating right, but also about staying active.

ENDING 30 JUNE 2016! Register your illegal foreign workers legally under the ReHiring Programme. Full stop to illegal foreign workers. 重聘非法外劳6.30截止. ROTAN FOR EMPLOYERS.



CADANGAN AKTIVITI

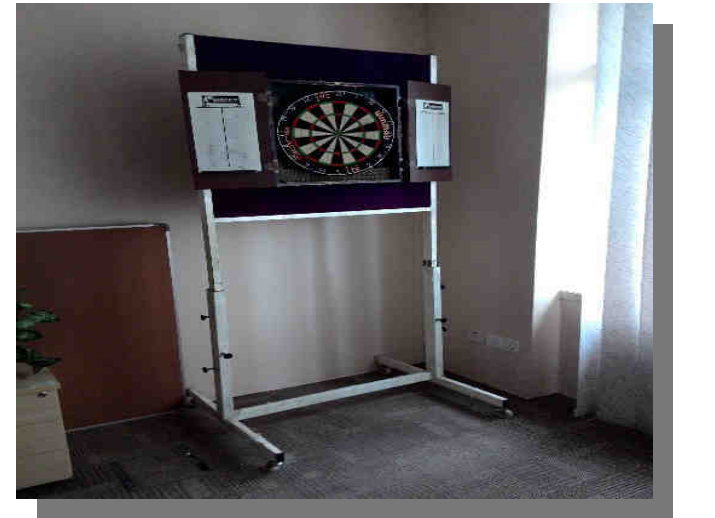
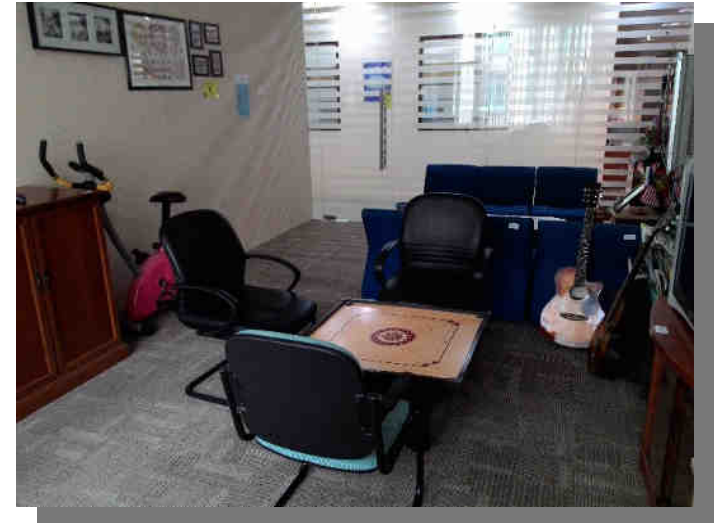
5. Pertandingan Sukan

- Organisasi boleh menganjurkan pertandingan sukan seperti bola jaring, bola sepak atau badminton
- Untuk mengaktifkan diri, mewujudkan *networking* & mengeratkan silaturahim



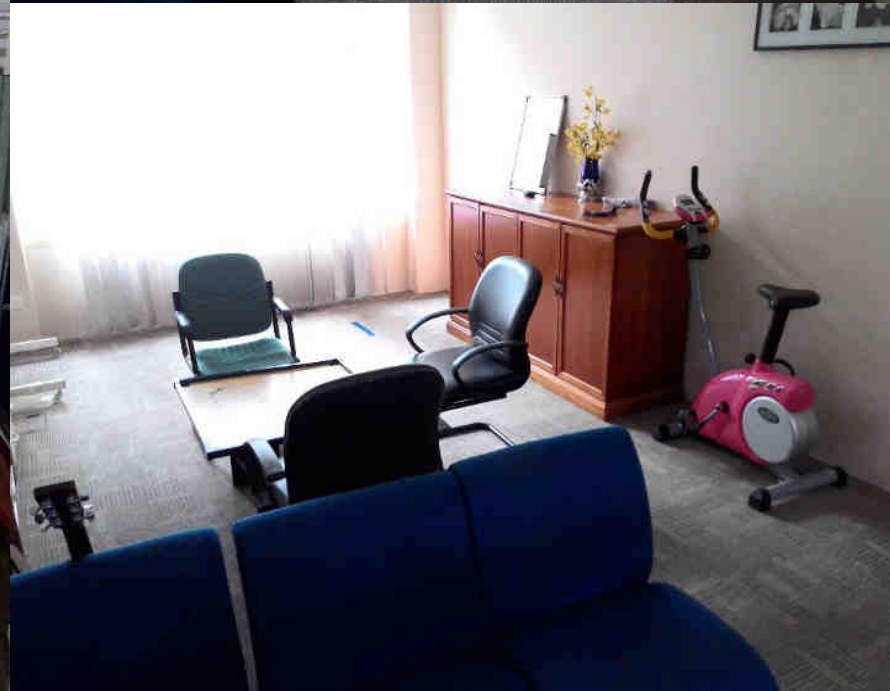
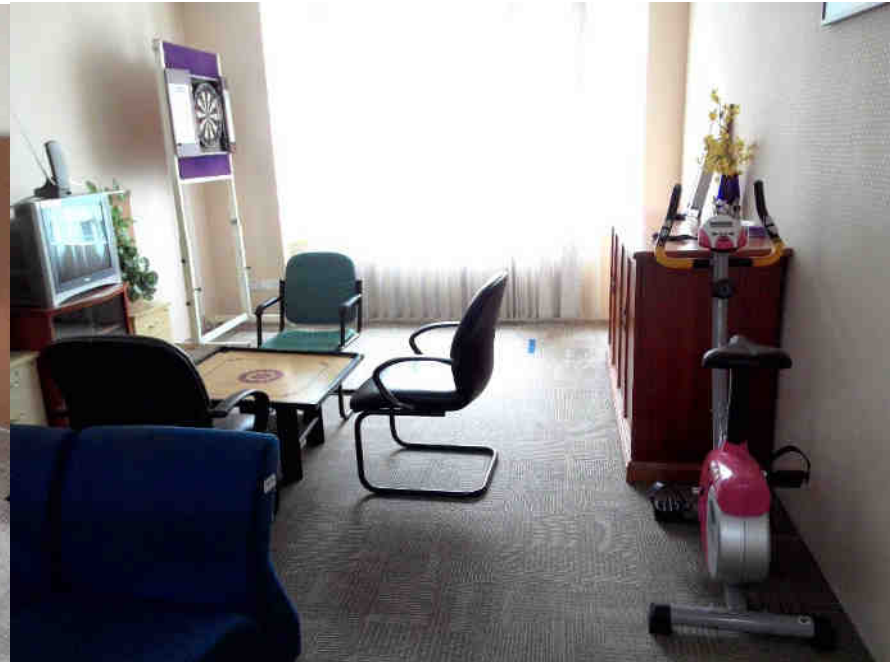
6. Ruang / Sudut Kecergasan di Tempat Kerja

- Menyokong ke arah mengamalkan gaya hidup aktif dalam kalangan pekerja di tempat kerja
- Tempat rujukan pekerja mendapatkan maklumat dan melakukan aktiviti fizikal yang sesuai
- Antara aktiviti yang boleh dilakukan adalah *board games*, ping pong, *dart*, karom, congkak dan lain-lain



CADANGAN AKTIVITI

1. Getah senaman(Elastic Band)
2. Senaman kerusi
3. Senaman meja
4. Fitball
5. Bergerak setiap 30 minit
6. Do It Yourself (aktiviti dirumah)
7. Virtual challenge
8. Fitness challenge





PELAPORAN HIDUP YANG AKTIF PERINGKAT DAERAH/NEGERI

Negeri:

Daerah:

Bulan:

Bil.	Negeri	Daerah	Agensi	Nama Setting	Nama Liputan	Adakah tempat kerja anda menyediakan gimnasium? (Ya/Tidak)	Adakah x-break dilakukan di tempat kerja anda? (Ya/Tidak)	Adakah tempat kerja anda mempunyai trek laluan berjalan kaki? (Ya/Tidak)	Adakah aktiviti fizikal berjadual dilakukan di tempat kerja anda? (Ya/Tidak)

Principle of exercise

- **Individuality**
- **Specificity**
- **Progression**
- **Overload**
- **Adaptation**
- **Recovery**
- **Reversibility**
- **Frequency**
- **Intensity**
- **Time**
- **Type**

EFFORT

EFFECT

MAXIMUM
90 – 100%



DEVELOPS MAXIMUM PERFORMANCE AND SPEED

HARD
80 – 90%



INCREASES MAXIMUM PERFORMANCE CAPACITY

MODERATE
70 – 80%



IMPROVES AEROBIC FITNESS

LIGHT
60 – 70%



IMPROVES BASIC ENDURANCE AND FAT BURNING

VERY LIGHT
50 – 60%



IMPROVES OVERALL HEALTH AND HELPS RECOVERY

Safe Exercise Guidelines

- Use Proper Equipment.
- Balanced fitness.
- Warm Up.
- Stretch.
- Cool Down.
- Rest.
- Choose clothes and shoes designed for your type of exercise.
- For strength training, good form is essential.
- Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration.
- start slowly and boost your activity level gradually

Bodyweight Exercises

BY NEILA REY @ neilarey.com



abs



quads



glutes



triceps



biceps



back



chest



sit-ups



lunges



squats



close grip push-ups



leg curls



pull-ups



push-ups



reverse crunches



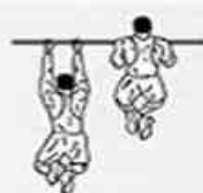
high knees



donkey kicks



tricep dips



chin-ups



elbow lifts



plank rotations



- **Do proper medical screening**
- **Learn the right technique**
- **Warming up & cooling down**
- **Start slow, progress gradually**
- **Listen to your body**
- **Don't overdo/ go overboard**
- **Consistent with the program**
- **Join the right group**
- **Mix it up**
- **Do what you like**



**GOOD
BETTER
BEST**

**NEVER
LET IT REST**

**UNTIL YOUR
GOOD IS
BETTER**

**AND YOUR
BETTER IS
BEST**

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TERIMA KASIH