

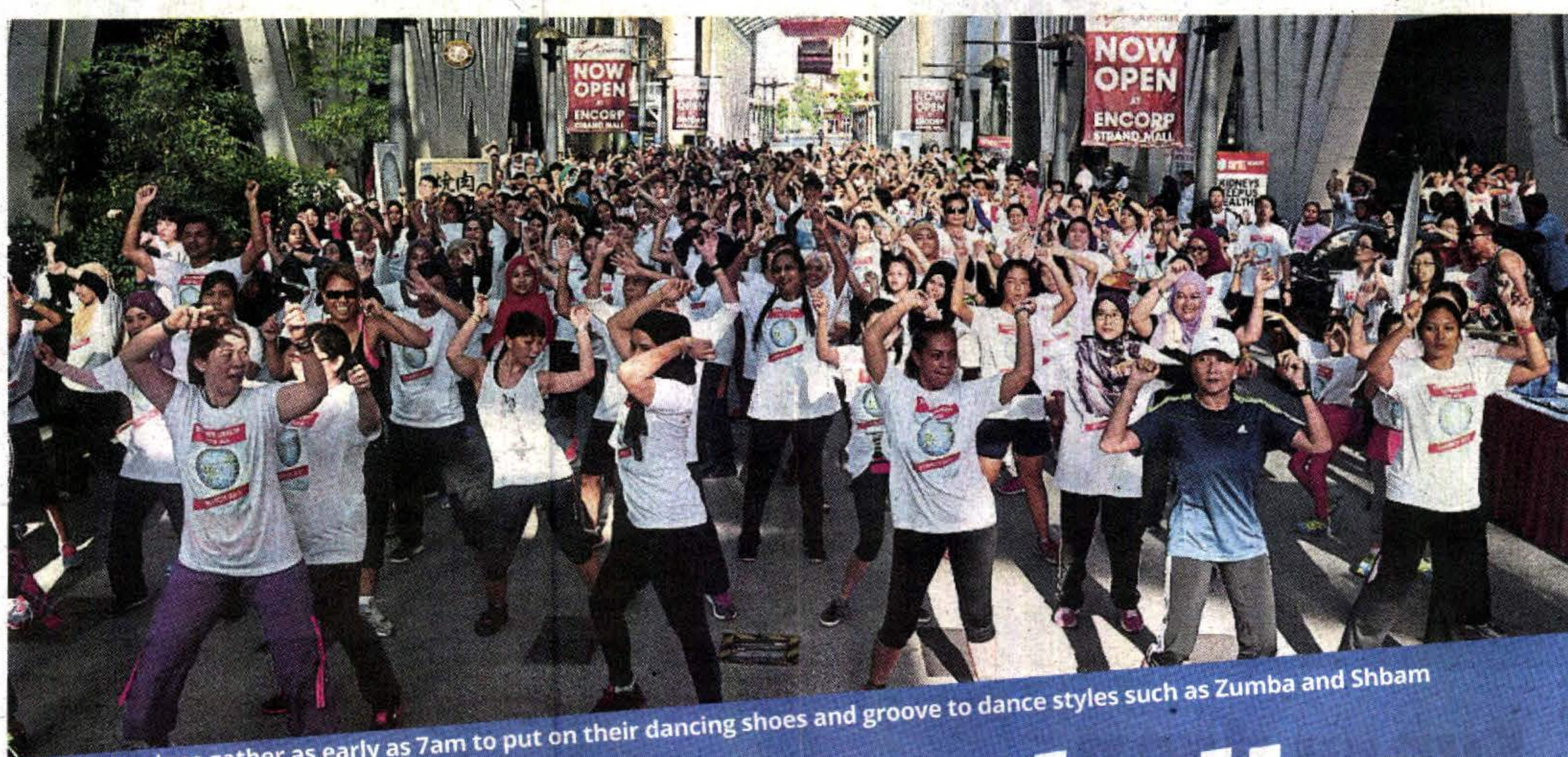
PETALING JAYA — Hundreds of Malaysians gathered to dance in support of better kidney health at the World Kidney Day 2015 celebrations by National Kidney Foundation Malaysia (NKF).

Following the success of last year's dance marathon, this year's World Kidney Day Dance Marathon saw more than 600 people grooving to popular dance styles such as Zumba and Sh'bam for more than three hours. Participants of all ages gathered as early as 7am and they were led by instructors from Celebrity Fitness.

The event also marked the end of the Spot & Ride campaign in which winner Suhaila Jalil @ Selamat walked away with a brand new Perodua Axia. The campaign which started a month ago was held at various locations such as Sunway Pyramid, The Summit USJ and Paradigm Mall before ending at The Encorp Strand Mall on March 29.

The public were given the opportunity to participate in the "Spot & Ride" game by donating a to search for prizes in a Perodua Axia.

"One in 10 Malaysian adults is diagnosed with kidney failure and this alarming statistic is rising every year. It is clear that Malaysians should work towards a better awareness of their health. We believe that every Malaysian



620 Malaysians gather as early as 7am to put on their dancing shoes and groove to dance styles such as Zumba and Shbam

Dancing for better kidney health



Instructors on stage leading the crowd in an exciting three hour charity dance marathon

has the right to a healthier lifestyle. We are honoured to work with National Kidney Foundation to advocate about the importance of exercise and take part in the fight against kidney disease," said Datuk Aminar Rashid Salleh, President and chief executive officer of Perodua.

Free health checks, health exhibitions, performances by LimKokWing University students and a family colouring contest were some of the activities available for participants to enjoy.

In total, the charity celebrations by NKF raised RM35,000 which will be used to provide access to dialysis treatments for underprivileged kidney patients.

The chairman of NKF Datuk Dr Zaki Morad Mohd Zahed spoke about the need to raise kidney health awareness.

"Kidney disease is one of the

most prevalent health issues affecting Malaysians, especially with the increasingly affluent lifestyle. Chronic kidney disease could have a serious impact on quality of life as it means a lifetime of support on dialysis treatments. However, kidney disease is preventable with a healthier lifestyle and early detection through health screenings," he said.

"NKF is largely reliant on the support of the public to continue providing treatment for disadvantaged kidney patients. The success of the WKD 2015 has shown the generosity of Malaysians and the rising awareness of kidney related diseases among the community. The large turnout for the roadshows is a warm reminder of the network of support in the community and that everyone plays a part in dealing with kidney disease."