



**Let's move it:** Fitness for Charity participants exercising in one of the fitness programmes.

# Sweating it out

## Participants take part in fitness marathon for charity

**H**UNDREDS of participants were tested in a fitness marathon as they experienced Zumba, Sh'bam, DNA Perrea, Body Combat, Element and Fast Fit over a period of six hours at the recent "Fitness for Charity" organised by Celebrity Fitness in Wangsa Walk Mall, Kuala Lumpur.

"Unlike most charity events, Fitness for Charity is a good mix of dance, aerobics, stretches and good pumping music.

"We know that many people like to dance and groove and what better way to do this than gather for a good cause and workout to fitness.

"We aim to spread the word that working out can be fun and rewarding," said Celebrity Fitness managing director Choi Kwangho.

Event host Baki Zainal could not agree more.

"I was honoured when Celebrity Fitness chose me to host this event. I get to work out with my fans, share the laughter and the joy and sweat, all in the name of charity," he said.

Celebrity Fitness also introduced three of their latest signature programmes which were fully choreographed in-house.

Participants at the event were the first to experience DNA Perrea (a dance that is choreographed using an eclectic mixed of familiar songs – fitting for beginners); Fast Fit (an aerobic exercise with a combination of yoga, pilates and new school circuit training which simulate body movements); and Element (a combination of yoga and wellness class which focuses

on healing the body, mind and emotions).

"With the support of our sponsors, participants and members, we are pleased to have raised RM 15,000 within the month. We are truly grateful towards everyone's generosity and we definitely look forward to making Fitness for Charity even bigger next year," added Choi.

All proceeds from the event went to National Kidney Foundation Malaysia (NKF).

"We believe that while one works out, one also have to maintain a good diet in order to be healthy. NKF Malaysia has always been an advocate of eating healthy so that you avoid falling trap into the obesity, hypertension and diabetes category, which is a common disease for Malaysians and

all these leads to kidney failure which brings to the reason on why we chose NKF as the beneficiary," Choi commented.

Throughout the event, participants had the opportunity to visit the NKF booth to view the health education exhibition.

Participants also took part in some basic health screening and blood pressure check. They were also able to receive free consultation on kidney health.

Proceeds from the charity function will help ease the burden of kidney patients who are not able to bear the costs of the dialysis treatments.

The money raised will also be utilised for other NKF activities such as the mobile health screening programme and the patients welfare incentives fund.