

Sweat it out for charity

Fitness centre to organise event in aid of foundation

CELEBRITY Fitness invites everyone to join their "Fitness for Charity" event on June 30 at Wangsa Walk Mall, Wangsa Maju that will benefit the National Kidney Foundation (NKF).

During the event, the fitness centre will also introduce three new programmes.

Proceeds from the event will be channelled to NKF, a foundation that was set up in 1993 to help Malaysians suffering from kidney failure who cannot afford dialysis treatment.

"Kidney disease has become one of the biggest killers in Malaysia. At Celebrity Fitness, our ambition is to help people be healthy and fit. Obesity and high cholesterol are contributing factors of kidney disease and as a fitness club, we are in an ideal position to help people avoid these contributing factors and to extend our assistance to those in need," said Celebrity Fitness Malaysia



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managing director Kwangho Choi.

The three new programmes to be introduced at the event are DNA Perrea, Element and Fast Fit which were choreographed in-house.

The DNA Perrea programme is a choreographed dance style incorporating raggaeton music with Spanish lyrics for a cardiovascular workout.

The Element is based on yoga rou-



Work it out: Celebrity Fitness trainers showing the moves for DNA Perrea.

tines for improved flexibility.

As for Fast Fit, it is a new school circuit-training programme designed to improve fitness levels, body posture and tone muscles. It is a combination of pilates and yoga techniques.

Participants who register for the Fitness for Charity event will be the first group to experience these new routines, alongside celebrities such as Amber Chia, Baki Zainal and others who will attend the event.

"We are more than pleased to

have Celebrity Fitness share the same goal as us in helping Malaysians with kidney diseases and at the same time, creating awareness about this affliction," said NKF board of directors member Chua Yoong Saeng.

To join the event, members of the public can register at any Celebrity Fitness outlets in the Klang Valley.

Alternatively, those interested can access the entry form on the Celebrity Fitness Facebook page or the official

website of Celebrity Fitness.

The registration fee is RM35.

The first 500 participants who register will receive a goodie bag worth more than RM300, which will have to be collected on either June 28 or 29 at Celebrity Fitness, Wangsa Walk Mall between 10am and 8pm.

For details, contact Celebrity Fitness at 1-300-222-FIT (348) or go to www.celebrityfitness.com

You can become a fan at www.facebook.com/CelebrityFitnessMalaysia.