

- 1 Participants grooving to Celebrity Fitness Malaysia's exclusive dance aerobic, Dance N' Attitude.
- 2 (From left) Dr Thiruventhiran, Malhotra, NKF chief executive officer Chua Hong Wee and Kamalanathan at the launch of the event.



Dance marathon draws 500

Event is foundation's way of raising awareness on kidney disease

IN conjunction with World Kidney Day, more than 500 Malaysians, including kidney patients and their families, participated in a Dance Marathon at 1Utama shopping centre recently.

The event was jointly organised by the National Kidney Foundation (NKF) and Celebrity Fitness Malaysia.

The day-long event saw participants coming together to pledge their support and reiterate the importance of caring for their kidneys, which is in line with this year's theme — "Kidney's Age, Just like You".

Guest of honour at the event was Deputy Education Minister P. Kamalanathan, who launched the Charity Dance-athon before visiting the booths.

"The Education Ministry has always advocated a healthy lifestyle among schoolchildren and young adults at colleges.

"I am pleased to see NKF working together with schools and colleges to promote a healthy lifestyle among the youngsters.

"I am sure your continuous educational programmes with nephrologists, medical officers and fitness centre will make Malaysia a healthier and fitter nation," he said.

NKF vice-chairman Dr Thiruventhiran said, "The number of kidney failure cases has been increasing at an alarming rate with more than 5,000 Malaysians

being diagnosed every year.

"Like any other organ in our body, it is vital for us to take good care of our kidneys. This involves good diet and exercise as well as sufficient amount of sleep.

"The rising statistics of kidney failure further affirms the urgent need to increase awareness and educate the public on ways to protect their kidneys," he said.

Members of the public gathered as early as 7am to participate in the three-hour dance marathon.

Led by Celebrity Fitness Malaysia dance instructors, the dance marathon featured Kukuwa African Dance, Zumba, Les Mills Sh'bam and also Dance N' Attitude (DNA), one of the signature programmes choreographed by Celebrity Fitness.

The event raised RM15,000 to assist underprivileged kidney failure patients under NKF's care.

Celebrity Fitness Malaysia country group fitness manager Kris Malhotra said, "Many people have taken exercise for granted and this is why we have taken up the role of advocating healthy living."

Participants at the event also enjoyed activities such as family colouring contest, cooking demonstration and attended a Health and Hygiene Talk by Southern Lion Sdn Bhd.

For details on the foundation, visit www.nkf.org.my or call 03-7954 9048.

