

From: Hal Ehwal Pelajar
Sent: Wednesday, 26 April, 2017 11:45 AM
To: UUM - All Staff; UUM - All Students
Cc: Azhar B Anis Mohammad; Dr. Mohd Dino Khairri Bin Shariffuddin; Mohd Ashari B Yaakub; Dr. Nazli binti Mahdzir
Subject: INASIS BANK MUAMALAT ONLINE: WOMEN'S DAY: STRIVE FOR FITNESS



26 APRIL 2017, RABU | 29 REJAB 1438H



INASIS BANK MUAMALAT ONLINE: Seramai 41 orang peserta terlibat dalam program *Women's day: Strive For Fitness* anjuran Biro Hal Ehwal Siswi, Jawatankuasa Kepimpinan & Pembangunan

Siswa (JKPS) Bank Muamalat yang diadakan di Dewan Mawar, Inasis Bank Muamalat pada 14 April yang lalu.

Program *Women's Day Strive For Fitness* diadakan bagi memberi kesedaran kepada peserta wanita agar mengamalkan pemakanan yang sihat dan seimbang.

Di samping itu, program ini bertujuan untuk memberi tunjuk ajar kepada peserta cara yang betul dalam membantu mengurangkan lemak yang terkandung dalam badan agar memiliki berat badan seimbang.

Program ini dimulakan dengan senaman Zumba dan Tabata serta diikuti dengan ceramah mengenai cara pemakanan yang seimbang untuk mengurangkan berat badan.

UNIT PENERBITAN, MEDIA DAN PENYELIDIKAN

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