

Mohd Amirul Kasyful Nur bin Zulkifli

From: Welcome Centre
Sent: Thursday, 3 August, 2017 2:33 PM
To: UUM - All Staff; UUM - All Students
Subject: BERTENANG BILA KETAHUI BMI ANDA



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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

Oleh: H. Rasidah H. Rodzi
Gambar oleh: Anjung Tamu

BERTENANG BILA KETAHUI BMI ANDA



ANJUNG TAMU ONLINE: Rata-rata pengukuran Indeks Jisim Badan (Body Mass Index-BMI) kini menjadi bualan warga kerja UUM.

Jelas, langkah bijak yang diambil oleh Pusat Kesihatan Universiti serta Jabatan Pendaftar mendapat sambutan yang baik bagi menitikberatkan kesihatan demi menjamin keseronokan bekerja bila badan sihat, otak cergas serta berat badan unggul.

Justeru, warga kerja Jabatan Keselamatan dan Welcome Centre memandang positif tentang pentingnya kesihatan dan berat badan yang ideal perlu diutamakan supaya kuat ketahanan mental dan fizikal.

Dalam hal ini, lokasi Rumah Ibu Welcome Centre menjadi tumpuan mereka yang tidak gagal hadir untuk sesi pengukuran BMI bagi menetapkan sasaran selepas mengetahui BMI masing-masing.

Syabas! kepada semua dan sama-samalah atur modifikasi dalam diet di samping makan makanan yang sihat secara sederhana mengikut Piramid Makanan Malaysia.

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DARIPADA:
ANJUNG TAMU
UNIT KOMUNIKASI KORPORAT
CANSELORI
UNIVERSITI UTARA MALAYSIA (UUM)
TEL.: 04-928 3044/3050/3051/3098
FAKS: 04-928 3095
E-MEL: welcome_centre@uum.edu.my



Universiti Utara Malaysia Official Website <http://www.uum.edu.my>

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