

Exercise regularly to maintain good health — Dr Rundi

KUCHING: It is high time that Sarawakians shake off their fat regularly to lead a healthy lifestyle, said Assistant Minister of Public Health Datuk Dr Stephen Rundi Utom.

He observed that many people might have wealth but practise unhealthy lifestyle given that “they are lazy to burn their fat.”

“Health is comprehensive, not just physical but also mental and spiritual. If you focus too much on wealth, you will lose health; if you stress on health, you may not gain wealth.

“To sustain a healthy lifestyle, listen to experts and more importantly, put in more efforts to make it happen,” he said when representing Minister of Environment and Public Health Dato Sri Wong Soon Koh to launch the Sarawak Health, Wellness, Beauty and Halal Expo 2011 themed ‘Healthy lifestyle, wealthy lifestyle’ at Permata Carpark here yesterday.

Dr Rundi suggested people engage in workout thrice a week to help

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Datuk Dr Stephen Rundi Utom, Assistant Minister of Public Health

monitor blood pressure and blood sugar as a means to prevent illnesses such as heart attack, hypertension and diabetes.

He felt that many people enjoyed too much “good food” or indulged in high sugar intake, which led to several health disorders.

“Taking care of our health should be top priority and not just physically. Some people are physically well but not mentally or spiritually, it is all about striking a balance,” he said.

While lauding the organisers for making the expo happened for two consecutive years, he called on them to extend the programme to other divisions like Miri, Sibul and Bintulu to benefit more Sarawakians.

He also stressed that health should be an emphasis of the underprivileged group, particularly those residing in remote areas throughout the state.

Rural people had every right to healthcare as well, he said, adding that it would be great if similar expos could be brought to rural areas to create health awareness.

Eagle Interactive Sdn Bhd, State Health Department, Parkwayhealth Group and others are jointly organising the three-day event, which offers free admission.

A total of 46 exhibitors, mostly from West Malaysia and Singapore, are lining up 50 booths offering their health products and services.