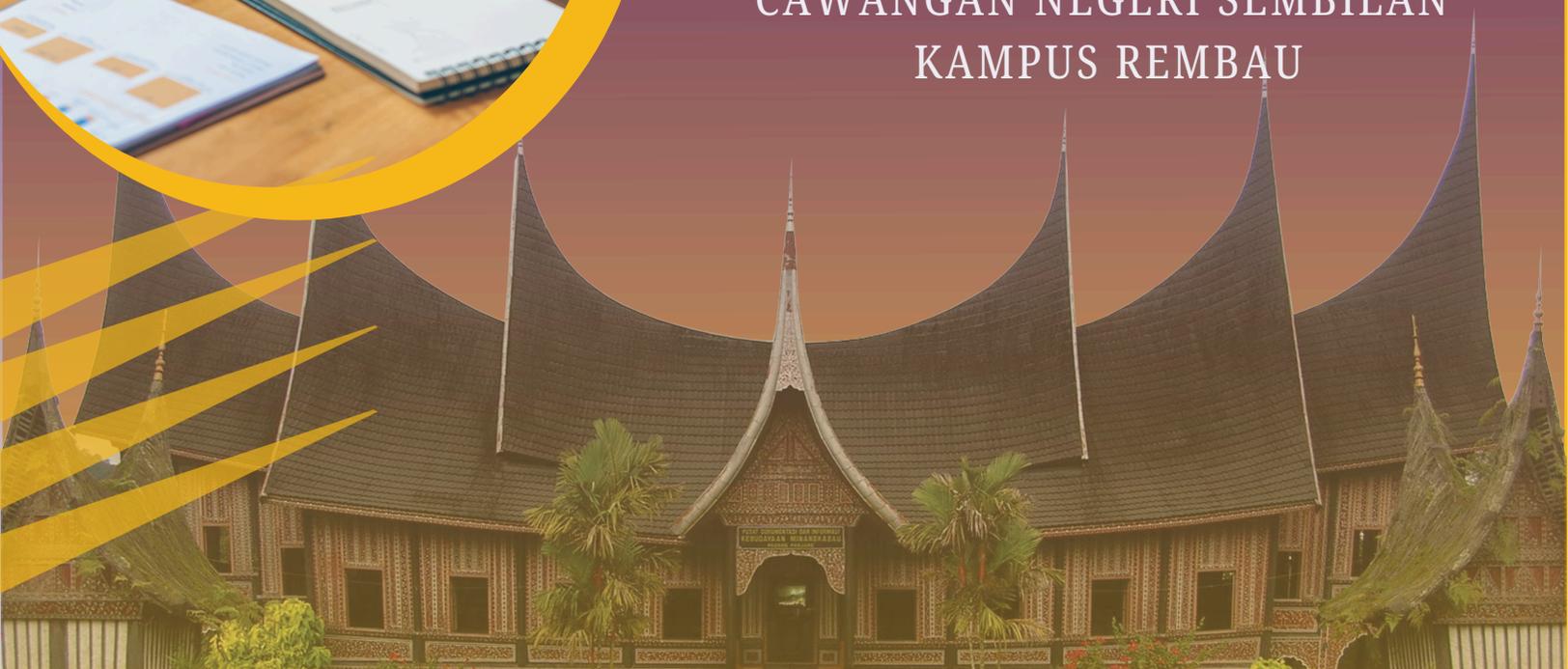


# RONA TINTA

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# HEALTH CONSCIOUSNESS: AN ESSENTIAL MOVE FOR WOMEN'S WELL-BEING

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These days, women juggle many roles—teachers, breadwinners, caregivers, volunteers—and often, their own health gets pushed to the back of the line. Skipping lunch so the kids can eat, saying “later” to a workout, ignoring those “little” aches—these become daily habits. But putting health first isn’t a bonus; it’s a necessity. Being health-conscious means recognizing how much a healthy body and mind matter and taking action, not just saying “maybe tomorrow.” This is especially important for women, who experience life stages—from the teenage years to pregnancy, menopause, and beyond—each with its own ever-changing health puzzle. A health-focused lifestyle doesn’t just ward off sickness; it fuels the energy that powers school projects, work deadlines, and family dinners, giving women the boost they need to own the day with their heads held high.

Women’s health is shaped by hormones, biology, and life circumstances. From the start of menstruation until menopause, the body is constantly changing. Because of this, women may be more prone to conditions such as anaemia, weak bones, breast cancer, and polycystic ovary syndrome (PCOS). Pregnancy and childbirth add even more to the health checklist. The bottom line: keeping up with regular check-ups is vital. Preventive care helps women detect issues earlier and take action before they become

serious. That one simple habit can reduce the risk of long-term health problems and greatly improve quality of life.

**Diet plays a key role**, and women need the right nutrients to stay healthy. Super nutrients include iron, calcium, folic acid, and vitamin D. Iron helps prevent anaemia, which can result from blood loss during monthly cycles. Vitamin D and calcium strengthen bones, reducing the risk of brittleness. Folic acid supports healthy pregnancies and the growth of strong babies. But smart eating goes beyond filling a plate. It means reducing processed food, sugary drinks, and excess salt, while eating more vegetables, fruits, whole grains, and lean proteins. Drinking enough water and avoiding late-night snacking also promote better health.



**Exercise is equally important.** Working out does far more than help with weight loss, as many people assume. It strengthens the heart, muscles, and bones, while improving flexibility, balance, and endurance. Regular physical activity lowers the risk of obesity, diabetes, high blood pressure, and depression. It also balances hormones, which is especially beneficial for women dealing with PCOS or irregular periods. Walking, yoga, cycling, or dance classes not only boost energy but also help women recover from demanding days. Best of all, workouts naturally reduce stress. A short exercise session can help both body and mind reset after a long day at work, school, or home.

Caring for health isn't just about eating right or exercising—it's also about **mental and emotional well-being**. Stress, anxiety, and burnout can quietly drain energy, so it's important to notice the signs early. A woman who prioritizes her health understands that it's okay to take breaks, engage in fulfilling activities, and seek support.

Mindfulness, deep-breathing exercises, hobbies, or quiet time alone can work wonders for calming the mind. A strong support network—whether family, close friends, or coworkers—also helps keep emotions in check. And when stress feels heavier than usual, reaching out to a therapist or doctor is a sign of strength, not weakness. Treating the mind with the same care as the body is what real health looks like.

At Universiti Teknologi MARA (UiTM), health and well-being are part of their commitment to “rising stronger together.” They’ve launched numerous programs to help students and staff stay fit and energized: free health check-ups, engaging wellness talks, nutrition workshops, and friendly fitness contests. They also shine a spotlight on women’s health with talks on breast cancer, reproductive wellness, and simple lifestyle strategies. These programs don’t just provide information—they motivate participants to take preventive steps and create a culture where health always comes first. By focusing on both body and mind, UiTM equips women with a stronger toolkit for thriving in their studies, careers, and daily lives.



**Maintaining health is a team effort.** Families, workplaces, and communities all play a role. Offices can incorporate flexible hours or yoga breaks. Family members can share chores so mothers, sisters, or daughters have time to rest or exercise. Friends can form morning workout groups or swap healthy recipes. When women are surrounded by supportive environments, it’s easier to stick with healthy habits. The ripple effect spreads through communities, making wellness a shared norm.

Taking care of health is a power every woman deserves. It means listening to the body and mind, seeking reliable information, and making small, consistent changes that lead to lasting well-being. Eating well, staying active, and caring for mental health protect against illness and create better days. With information, training, and tools from UiTM and beyond, women can make health-conscious choices more easily. Ultimately, when a woman cares for herself, her family, community, and nation all benefit. Healthy living means enjoying more birthdays filled with energy, joy, and positivity.