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## News 1

# IPSiS.. The Biggest Loser



In a six-month long competition, the highly anticipated weight loss programme known as The Biggest Loser concluded on a high note. The event, which aimed to promote a healthy lifestyle among its IPSiS staff, witnessed an incredible transformation in the lives of its staff members.

From February to August 2023, the participants underwent rigorous health screenings and dedicated themselves to achieving their fitness goals. The hard work and determination displayed by the contestants during this period were truly commendable.

The prestigious champion title was clinched by Mr. Mohd Azrul Zakaria, IPSiS' Senior Graphics Assistant. His tremendous efforts and dedication to improving his health and fitness were remarkable. Mr. Azrul's journey serves as an inspiration to many, proving that with perseverance, anything is possible.

Furthermore, a series of other winners were announced in various categories. Ms. Nur Idune Hayana Che Mohamed was recognized for achieving the highest weight loss, showcasing her dedication and commitment to shedding excess weight.

Prof. Ir. Dr. Zuhaina Hj, Zakaria received accolades for attaining the best cholesterol readings. This accomplishment showcases not only her dedication to weight loss but also her commitment to maintaining overall good health.

Ms. Zuraini Mohamed Idris was acknowledged for her outstanding efforts in achieving success throughout the programme. Her unwavering determination, motivation, and consistency made her the deserving winner of the Best Efforts to Success category.

Ms. Nur Salsabiella Mohd Rahimi, on the other hand, was recognized for maintaining an ideal BMI throughout the competition. Her commitment to healthy living is an inspiration to all who aspire to achieve optimal body mass index.

In the Best Level of Health category, Mr. Mohd Azrul Zakaria's dedication and commitment were once again acknowledged. His unwavering efforts in maintaining an excellent level of health propelled him towards this well-deserved victory.

Finally, Ms. Nurul Hidayah Omar secured the overall third place, demonstrating her perseverance, determination, and hard work throughout the competition.

The Biggest Loser programme has undoubtedly brought about a positive impact on the lives of its participants. The journey of each contestant has showcased the incredible transformations that can be achieved by embracing a healthier lifestyle. IPSiS has once again conducted a successful and impactful event that promotes well-being and inspires others to prioritize their health.

Congratulations to all the winners and participants for their commitment and dedication to a healthier future!