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## SDG

06/03/2025 / NURUL HUDA ROSLAN



Sabah, 5 February 2025 – Unit Sukan, Bahagian Hal Ehwal Pelajar, UiTM Cawangan Sabah collaborated with Persatuan Wanita UiTM (PEWANI), Persatuan Sukan dan Kebajikan Staf (PSKK), and Kelab Rekreasi Pensyarah (KRP) to organise a brisk walk with the rector. The event was part of the university’s ongoing efforts to support the UiTM Vice Chancellor’s mandate to promote a healthy lifestyle, helping campus residents achieve the goal of 10,000 steps a day. This initiative contributed to maintaining overall well-being while also reducing stress, improving cardiovascular health, and lowering the risk of chronic diseases such as diabetes and obesity.

Professor Madya Dr. Rozita @ Uji Mohammed, Rector of UiTM Cawangan Sabah, took the initiative to encourage her staff to adopt a healthier lifestyle at the start of the year. She emphasised that taking proactive steps early has long-term health benefits. To ensure that there is consistency in these brisk walk sessions, the programme is scheduled as a regular activity and will take place every Wednesday

evening.

The first session had a great turnout, with 150 staff members participating wearing purple color themes (as purple is one of UiTM Corporate Color) and collectively achieving 6,320 steps. This remarkable start signals a significant step forward for UiTM Sabah's campus wellness. Brisk walking, as a moderate-intensity physical activity, offers many health benefits. One of them is reducing the risk of heart disease. Studies have shown that even 75 minutes of brisk walking per week can lead to a 23% lower risk of early mortality.

In addition to providing health benefits, these brisk-walking sessions also foster a sense of fellowship and togetherness among UiTM Sabah staff. While exercising, academic and non-academic staff get to engage in lively conversations while walking and appreciating the green scenery of UiTM Cawangan Sabah. This certainly makes it an enjoyable and social programme. With consistency and commitment from all the staff, these brisk walk sessions will undoubtedly transform the UiTM Sabah community into a healthier one.



Tags: [Jabatan Hal Ehwal Pelajar \(JHEP\)](#), [Persatuan Wanita UiTM \(PEWANI\)](#), [UiTM Cawangan Sabah](#), [Unit Sukan](#), [Universiti Teknologi MARA \(UiTM\)](#)

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