



Cawangan Negeri Sembilan
Kampus Seremban

FACULTY OF SPORTS SCIENCE AND RECREATION

"Where sports and knowledge come together"



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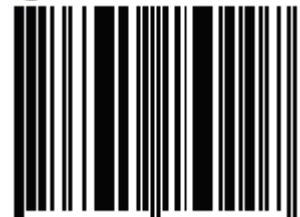
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FIT ATTACK XVII

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On 6th January 2023, Fit Attack XVII was held at the Marquee tent, Universiti Teknologi MARA Seremban at 8 pm. This location was chosen as it is easy to find and accessible by public transport. The big space and open-aired hall rendered this location suitable to hold this type of event. This event was organized by students of the Bachelor of Sports Science (Hons.) 3rd semester, Faculty of Sports & Recreation Science. The number of students who organized this program was 48 students. This program is one of the sports programs with the concept of physical fitness which involves activities such as warm-up, hip-hop @ K-pop, Zumba, Bollywood, cardio kick and cooling down.



Picture 1: Cardio performance

The president of the event was Muhamad Syafiq bin Jamaludin. He has good leadership skills to communicate and instruct his team in assigning tasks to organize their event. Students who are Bollywood fans, were encouraged to join this event because the theme of this event was Indie. The participants were eligible for a lucky draw with attractive prizes and there were also awards for best dancers. These attracted targeted consumers which are mostly students of UiTM Seremban and the community around Seremban to experience this event.

Apart from that, the first 100 participants who came early received goodies and gifts. There were 2 packages of Fit Attack exclusive jerseys offered. One of the packages offered extra gifts which had a tote bag, neon specs and a sticker. E-certificates were also provided to participants. This event was promoted on the social media platform through the official FoSRec Instagram and WhatsApp. Therefore, a part of this event was funded by funds raised through fundraising drives. There was also a donation drive while this event took place.

This event helped raise awareness amongst UiTM students to be more energetic, professional, positive and creative. Students could maintain their health by doing some recreation in their free time other than pushing themselves to study most of the time with no physical activities. Furthermore, organizing the event could help build relationships as by participating in this event, the students get to meet people who share their skills and the same interest among them. This is in itself is a motivation which can help increase participation in a sport or activity that a campus holds. In addition, another objective of this event was to encourage students, staff, and the outside community of UiTM Seremban to exercise and lead a healthy lifestyle. Thus, students can release their stress by participating in this event.



In conclusion, Fit Attack is an event to build a healthy and good relationship between students, staff, and the community near UiTM Seremban. Surely, it helps to ensure the participants live a healthy and balanced lifestyle as it is not only good for their physical, but also mental health. Regular exercise could prevent diseases and improve mood continuously, subsequently making a positive impact on everyone.

Picture 2: The crowds