



Free Fitness Programme!

Ms Kim Teh feels fitter, healthier and happier after shedding 10kg...

“Now, I am slimmer, fitter, healthier and happier!” exclaims Kim Teh Seok

Im, Controller Food BU.

“I have never been thin, and being a typical Malaysian with a passion for good *nasi lemak* and *roti canai* certainly didn't help my waist line. Without regular exercise, I noticed that my clothes started to feel tighter and I knew I had to do something about it. I realised that not having enough time to exercise was just an excuse for me. If something is important enough, I'll have to make time for it!”

Kim mustered the “courage to start” when she signed up for the 100-Day Wellness Challenge in January last year. Kim took up running as it was something she enjoyed doing. When the programme ended, Kim joined the Beginners' Running Programme in December 2006.

Held every Saturday morning at Lake

Gardens in Kuala Lumpur, the programme helps beginners to get started and, more importantly, to stay motivated. Kim is a walking, or rather running, testimony of the programme's effectiveness.

Originally a self-confessed couch potato, Kim progressed from 20 minutes of jogging to winning her first sports medal in the Great Eastern 30KM race held in January this year. She went on



Running with Mr Wan Yew Leong in the Great Eastern 30 KM race, January 2007.

Menyertai Larian Great Eastern 30 KM bersama En Wan Yew Leong, Januari 2007.

to participate in the Kuala Lumpur International Marathon in March, finishing 20th in the Half Marathon, Women Open category.

Presently, Kim helps motivate new runners in the Beginners' Running Programme. The best part of the programme is that it is FREE of charge! Sponsored by POWERBAR a year ago, the programme is run by volunteers with a passion to share the benefits of regular exercise.

“We sponsored the Beginners' Running Programme as we are confident of the passion and commitment of its founders, Mr Wan Yew Leong and Mr Jamie Pang. Besides, it is also important for beginners to be educated on the importance of right nutrition for running exercises,” says POWERBAR Business Development Manager Mr Mohd Rahimi Abdullah.

Kim's advice to those who wish to lead a healthier lifestyle is to “find a sport which you are passionate about, stick to it, and you are guaranteed to see results”.

For more information on the Beginners' Running Programme, visit www.runnersmalaysia.com.my or you may e-mail Kim herself at Seokim.Teh@my.nestle.com. She'll be more than happy to help you get started!

Program Kesihatan Percuma!

Cik Kim Teh rasa dirinya lebih sihat dan gembira selepas mengurangkan berat badannya sebanyak 10kg...

“Kini, saya lebih langsing, sihat dan gembira! Kegemaran saya memakan nasi lemak dan roti canai memang menambahkan berat badan saya.

Saya sedar bahawa ketiadaan masa untuk bersenam hanyalah alasan semata-mata. Kalau penting sangat, kenalah luangkan masa untuknya!” kata Kim Teh Seok Im, Controller Food BU.

Kim pun menyertai Cabaran Wellness 100-Hari pada bulan Januari tahun lepas. Apabila program ini berakhir, Kim menyertai Program Pelari Baru pada Disember 2006.

Diadakan tiap-tiap pagi Sabtu di Taman Tasik Perdana di Kuala Lumpur, program ini memberi bantuan kepada para pelari baru dan, lebih penting, mendorong mereka supaya terus berusaha.

Kim adalah salah satu ‘bukti’ keberkesanan program ini. Bermula dengan berjoging selama 20 minit, Kim berusaha kuat sehingga memenangi pingat dalam Larian Great Eastern 30 KM bulan Januari lepas. Selepas itu dia menyertai Maraton Antarabangsa Kuala Lumpur, dan menduduki tempat ke-20 dalam Kategori Wanita Terbuka Separa Maraton.

Sekarang, Kim mendorong pelari baru dalam program percuma ini yang ditaja oleh POWERBAR sejak setahun lalu.

“Kami menaja Program Pelari Baru kerana yakin akan komitmen pengasanya. Lagipun, amat penting bagi pelari baru dididik tentang pemakanan yang wajar untuk senaman berlari,” kata Pengurus Pembangunan Perniagaan POWERBAR En Mohd Rahimi Abdullah.

Kepada mereka yang inginkan gaya hidup yang lebih sihat, Kim menasihatkan supaya “mencari jenis sukan yang digemari, teruskan dengannya dan hasilnya tentu akan dicapai”. Untuk maklumat selanjutnya, sila layari www.runnersmalaysia.com.my atau hantarkan e-mel kepada Kim di Seokim.Teh@my.nestle.com.



Kim after completing the KL International Marathon, March 2007. With her are Beginners Programme co-founder Mr Wan Yew Leong and fellow beginner runner Mr Rizal Mobammed.

Kim setelah menamatkan Maraton Antarabangsa KL, Mac 2007. Bersamanya ialah En Wan Yew Leong, pengasas Program Pelari Baru dan pelari baru En Rizal Mohammed.