

Civil servants urged to keep fit

KUALA LUMPUR: The Congress of Unions of Employees in the Public and Civil Services (Cuepacs) is calling on civil servants to keep fit to win the battle of the bulge.

President Datuk Azih Muda urged all civil servants to take care of their health.

“We know that our efficiency and productivity at work are linked to health. As civil servants, we have many responsibilities but our health needs to be the main concern,” said Azih yesterday.



**Datuk Azih
Muda**

“Obesity is not just caused by food intake, but also the time of each meal and the time taken to rest.

“Plan your meals, eat on time and rest well. Make sure you exercise, too.”

His call came after last year’s National Health and Morbidity Survey by the Health Ministry that showed Putrajaya had the heftiest population.

Putrajaya recorded 43 per cent of obesity, the highest among territories or states in Malaysia.