SPORTS DEVELOPMENT CENTRE

Our Reference: IIUM/507/18/8/1/4
Date : 1st September 2016

All IIUM Staff
Kulliyyahs/Centres/Divisions/Institutes/Offices

Assalamu'alaikum Wrt. Wbt.

Dear Br. /Sr.,

IIUM STAFF HEALTH AWARENESS PROGRAMME
- SHAPE ‘FIT & FUN’ NO.3/2016

May this letter reach you while you are in the best of health.

We have the pleasure to inform your good self that the Sports Development Centre (SDC) will organizing the above-mentioned programme throughout the month of September until October 2016. Difference from previous SHAPE ‘FIT& FUN’ this time SDC will conduct this SHAPE in 4 phases where the top 10 winner from the every phases will compete at SHAPE ‘FIT & FUN’ ALL STAR that will be held at the 4th phases of SHAPE ‘FIT & FUN’.

In relation to the above, we would like to extend an invitation to all staff aged 40 years above for men and 35 years above for women (maximum 30 participants only – based on first come first serve) to participate in this programme.

Kindly submit the registration form as attached (Appendix A) latest by 8th September 2016. Should you have any inquiries, please do not hesitate to call Br. Mohammad Khairi Roslan ext. no. 3707/ hp. No. 017-6101922.

Attached herewith is the tentative programme for your action. Your cooperation is highly appreciated.

Thank you.Wassalam.

ROESTAM EFFENDI SIJAR
Head
Sports Development Centre
International Islamic University Malaysia

Garden of Knowledge and Virtue
Office Address: Sports Development Centre, Office of the Deputy Rector (Student Affairs), International Islamic University Malaysia, Jalan Gombak, 53100 Kuala Lumpur
Mailing Address: Sports and Recreational Centre, P.O. Box 10, 50728 Kuala Lumpur, Malaysia.
Tel: 603 – 61964394 (Female Sports Complex) 603-61964342 (Male Sports Complex) Fax: 603 – 61964749 (Female Sports Complex), 60361964128 (Male Sports Complex)
Website: www.iium.edu.my/sports
## TENTATIVE SHAPE ‘FIT & FUN’ NO.3/2016

<table>
<thead>
<tr>
<th>DATE/DAY</th>
<th>ACTIVITY</th>
<th>TIME/VENUE</th>
<th>DESCRIPTION/REMARKS</th>
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| 20th Sept 2016 TUESDAY | SHAPE ‘Fit & Fun’ Program briefing by SDC | 0530-0630 pm Meeting Room, FSC | • Program Briefing  
• Body Composition Measurement(Initial)  
(Weight, Height, BMI, Fat %) |
| 19th – 23rd Sept 2016 MON- FRI | Health Screening by IiUM Health & Wellness Centre | 0900-1200 am IiUM Health & Wellness Centre | • Health Screening  
- Blood Pressure  
- Fasting Blood Glucose  
- Electrocardiogram (ECG) |
| 22nd Sept 2016 THURSDAY | Sharing Session          | 0530-0630 pm SDC Meeting Room, FSC | • Talking about the nutrition intake, health and exercise guidelines.  
• Sharing session on experience in losing weight. |
| 27th Sept 2016 TUESDAY | Mass Power Walk            | 0530-6300 pm Around IiUM Gombak Campus | • Long slow distance exercise  
• Good for weight management, improved health and reduces stress. |
| 29th Sept 2016 THURSDAY | Aero fit                   | 0530 – 0630 pm MPH, FSC       | • From low to high intensity movement  
(Involve lower and upper body movement) |
| 4th Oct 2016 TUESDAY | Circuit Training            | 0530 – 0630 pm Hockey Turf, IiUM | • Circuit session activities.  
• Build strength and endurance for the participants. |
| 6th Oct 2016 THURSDAY | Tyre Training               | 0530 – 0630 pm MPH, FSC       | • Training that consists of squat, lunges and push up. |
| 11th Oct 2016 TUESDAY | S.A.Q Training              | 0530 – 0630 pm MPH, FSC       | • Improve the speed, agility and quickness. |
| 13th Oct 2016 THURSDAY | Dodgeball Games             | 0530-0630 pm MPH, FSC         | • Introduce new game to the participants.  
• Act as one of the game exercise. |
| 18th Oct 2016 TUESDAY | FIT & FUN Explorace         | 0530 – 0630 pm Around IiUM Campus | • Group explorace activities.  
• Promote the teamwork spirit among group members.  
• Final weight in |
| 20th Oct 2016 THURSDAY | SHAPE ‘Fit & Fun’ (Closing SHAPE) | 0530-0630 pm Meeting Room, FSC | • Announce Top 4 winners who get the highest body weight and Fat % loss,  
MOST Outstanding Cadet and MOST Commitment Cadet.  
• Top 10 will automatic qualified to SHAPE ‘FIT & FUN’ ALL STAR. |

*** Cadets will be receiving SHAPE ‘Fit & Fun’ goodies and CTD Points