



NHFHB's Healthy Week 2023.

After a three-year hiatus due to the COVID-19 outbreak and recovery, we have kickstarted our 2023 Employee Social and Welfare activities by conducting a Healthy Week from 3rd to 8th January 2023, which included steps count challenge, aerobic exercise, a breakfast day, a safety road talk, a fruits day, and a blood donation drive.

Picture	Details
 A graphic titled "STEP COUNT CHALLENGE 2023 WINNERS ANNOUNCEMENT". It features three cartoon avatars representing the winners: Muhammad Khalid (2nd place, 80,485 steps), Tan Shi Er (1st place, 64,873 steps), and Mohd Azmir (3rd place, 48,721 steps). The graphic includes a running silhouette and a shoe icon.	<p><u>Steps Count Challenge</u></p> <p>The Step Count Challenge, which ran from 3 to 6 January 2023 was aimed to encourage employees to stay active. The employees simply need to count their steps every day for four days consistently using a smartphone app or a fitness device.</p>
 Two photographs. The top one shows a group of employees in light blue shirts and dark trousers performing aerobic exercises outdoors. The bottom one shows a man in a light blue shirt speaking into a microphone during a breakfast day event.	<p><u>Aerobic Exercise, Breakfast Day & Road Safety Talk</u></p> <p>The goal here is to encourage our employees to take care of their health and fitness while promoting healthy habits.</p> <p>Aerobic exercise helps stimulate the heart rate and breathing rate to increase; therefore, employees are encouraged to start their day by doing aerobic exercise.</p> <p>On the same day, employees were also provided with a free breakfast. As the most important meal of the day, employees are reminded to take a regular breakfast as a nutritious way to start their day.</p> <p>After the aerobic exercise, a brief talk about road safety was presented by the Safety Department. NHF had been raising awareness about road safety in order to reduce traffic-related injuries and fatalities among its employees.</p>



Fruits Day

On this day, we distributed fruits to all employees to create awareness about the importance of consuming fruits in their regular diets.



Blood Donation Campaign

There was a great turnout during our 15th Blood Donation campaign held on Sunday, 8 January 2023. The event, which was aimed to increasing the blood supply of Hospital Tengku Ampuan Rahimah, Klang and increasing public awareness of voluntary blood donation

