

Highlights from Healthy Week at Auto Global Parts: Encouraging a Healthier Workplace Culture

1. Healthy Living Lifestyle Talk

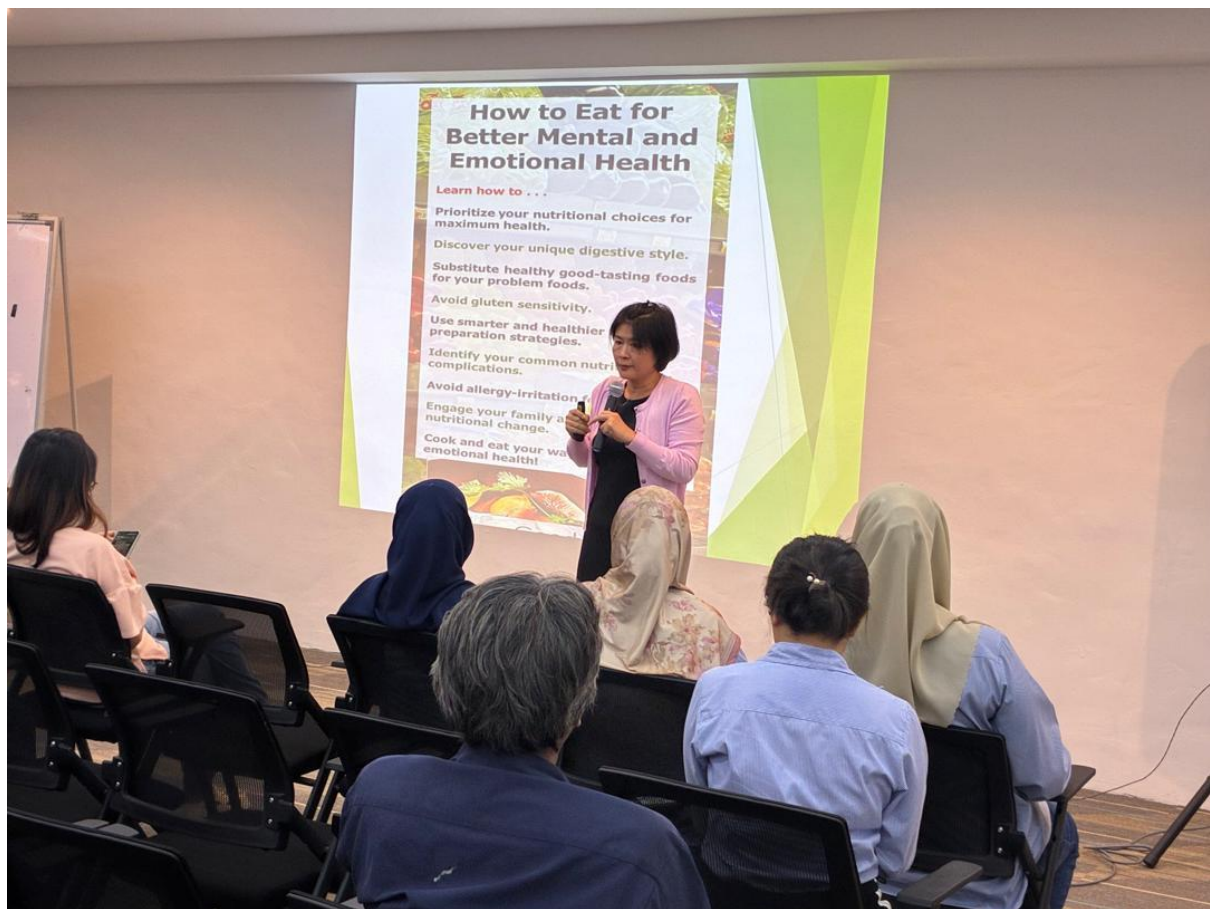
New Hoong Fatt recently organised Healthy Week, a meaningful initiative aimed at encouraging employees to adopt healthier lifestyles. The program featured various physical activities and educational efforts to highlight the importance of health and wellness. It was a well-received event that left a positive impact across the organisation.



At NHF Group, we strongly believe that health is the real wealth. On **May 13, 2025**, we took a proactive step toward cultivating a healthier, more vibrant workforce by organizing a **“Healthy Living Lifestyle” talk**—and the response was incredible!

The session was led by our inspiring wellness speaker, who shared practical, research-backed tips on how to build lasting healthy habits. From emotional well-being to nutrition, exercise, and sunlight exposure, participants walked away with knowledge they could apply immediately in their lives.

Key Takeaways from the Session



1. Maintain Stable Emotions

"A good laugh and a long sleep are the best cures in the doctor's book." – Irish Proverb

One of the most impactful takeaways was the effect emotions have on our immune system. Just **30 minutes of anger** can suppress your immune system by **up to 80%**. Participants learned the importance of managing stress through mindfulness, laughter, and emotional awareness.



☀️ 2. Don't Underestimate the Power of Sunlight

We also explored the **10 powerful benefits of sunlight**, including:

- Natural Vitamin D synthesis
- Mood improvement
- Better sleep quality
- Immune system boost
- Support for bone health

Sunlight, when enjoyed safely, can play a major role in improving overall well-being.

🍎 Healthy Habits to Take Home

The talk also introduced the **four pillars of health**:

1. Stable Emotions
2. Sufficient Sleep and Rest
3. Regular Exercise
4. Balanced Nutrition

Attendees learned how to fuel their bodies with real food, stay hydrated, and reduce processed food intake. From healthy breakfast shakes to mindful snacking, the guidance was both educational and easy to implement.



💡 A Culture of Wellness

Events like this reflect our ongoing commitment to **employee well-being** at NHF.

We're not just promoting productivity—we're building a workplace culture that values physical, emotional, and mental health.

Whether it's through lifestyle talks, healthy meal options, or fitness initiatives, we're proud to support our team in leading healthier, more fulfilling lives.

2. 30-Day Weight Loss Challenge

30-Day Weight Loss Challenge 2025

LOSS 8.03%



1 Mohd Azril, NHF

I'd like to share with you all how I managed to lose weight.

- Try to cut down on sugar in your food and drinks — every little bit helps!
- When you cook at home, you know exactly what goes into your meals, and it's easier to control how much you eat.
- Keep an eye on your calorie intake so you don't go over your daily limit, and don't forget to drink plenty of plain water throughout the day!

LOSS 7.86%



1 Khew Yen Fong, Segambut

Just sharing my daily simple meal routine:

- Morning: I eat oats for breakfast.
- Evening: Usually have eggs and veggies.
- Dinner: Steamed egg, tofu, and more veggies.

That's what I eat every day — simple, clean, and it works for me! 😊

LOSS 3.71%



2 Mohammad Sharulnizam, Inanam

Just sharing my simple tips:

- I cut down on sugar and try not to eat late at night — that's pretty much it! 😊

Small changes, but they really make a difference over time!

LOSS 4.76%



2 Ng Shi Wen, NHF

Just sharing what's been working for me lately:

- I've been replacing some meals with oats — no sugar, no added fats — for the past 4 days.
- Mostly just trying to be more mindful of what I eat.
- I also do a little detox every now and then to reset.

Simple steps, but they really help! 😊

LOSS 3.73%



3 Saravana Kumar, Segambut

Just sharing my simple tips:

- I control my portions and cut down on sugar.
- I drink lots of plain water
- If feel hungry I eat fruits and veggies as snack.

I can do it YOU can DO IT!

LOSS 4.04%



3 Ernis, NHF

Just sharing a few simple things that helped me stay on track:

- I try to watch my portions and cut back on sugary or fried food.
- I make sure to drink lots of plain water every day.
- I keep moving with light activities like walking or doing quick home workouts — nothing too intense, just staying consistent.

Healthy Week began with an energetic 30-Day Weight Loss Challenge designed to inspire employees to adopt healthy habits and pursue wellness goals. The challenge saw strong participation, with employees paying closer attention to their diets and making more mindful food choices to support their weight loss efforts.

3. The Breakfast Day, Aerobic Exercise and Road Safety Talk



Employees actively participated in an energizing aerobic exercise session that promoted physical fitness and overall well-being. The activity served as a lively and enjoyable way to get moving while enhancing cardiovascular health. Many left the session feeling refreshed and inspired to make regular exercise a part of their daily routines.

On the same day, the Safety Department delivered brief but impactful talks on road safety, aiming to raise awareness and reduce traffic-related incidents among staff. To support healthy lifestyles, a nutritious breakfast was also provided, encouraging employees to embrace wholesome foods and start their day with energy. Regular breakfast consumption was emphasized as a key habit for boosting productivity and maintaining energy throughout the day.

4. The NHFHB's 17th Blood Donation Campaign

We are thrilled to share the heartwarming news from the **NHFHB's 17th Blood Donation Campaign**, held on Sunday, 18 May 2025. It was a day filled with compassion, commitment, and community spirit as **133 generous blood donors** stepped forward to contribute towards saving lives. This achievement not only surpassed the previous year's record of 123 donors but also underscored the continuous growth and deep-rooted dedication of our community.



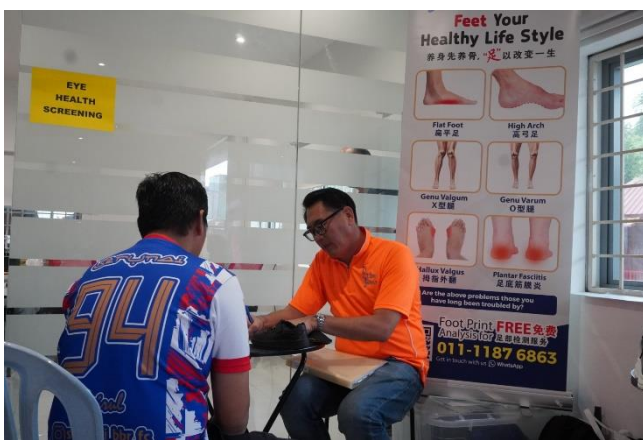
Alongside the blood donation drive, free eye health screenings and foot and skeleton alignment assessments were also offered throughout the day, providing essential preventive care services to both employees and the public.

The event was a shining example of how collective effort can make a significant difference. Each donation is more than just a procedure—it represents hope, a chance to heal, and a lifeline for those in need. The impressive turnout this year is a testament to the unwavering support from our donors and reflects the trust and commitment placed in NHFHB's mission to provide life-saving blood transfusions.



On behalf of the company and the top management, we extend our deepest thanks to everyone who participated in this noble initiative. Your act of donating blood is not merely a selfless gesture but a bold statement of solidarity and care for your community. We honor every donor for their life-saving contribution, reminding us all of the profound impact we can have when we come together.

We also want to recognize and express our sincere appreciation to the dedicated members of the Event Committee. Your hard work, relentless planning, and flawless execution ensured that this event was not only successful but also inspiring. Your efforts made it possible to create a safe, welcoming, and efficient environment that encouraged participation and fostered a spirit of generosity. **YOU ARE AWESOME!**



The record-breaking turnout from this year's campaign motivates us to continue our outreach and organize even more impactful initiatives in the future. As we celebrate this success, we are reminded that every drop of blood donated is a testament to the power of unity and the strength of community bonds.

We invite everyone to stay involved, spread the word, and join us in future campaigns. Together, we can continue to make strides in saving lives and strengthening the bonds of our community.

Thank you once again to all the blood donors and event committee members for your outstanding contributions. Your willingness to give a part of yourselves is what makes this community so extraordinary.

Special thanks to NHF Heroes!

17th Blood Donation Campaign
18 May 2025, Sunday

Recorded 133 successful blood donors

