

CSJB Health and Wellness Week 2016



The Health and Wellness Week aims to promote healthy and happy living among campus community members based on the concepts of “eat healthy and get active” and “work-life balance”.

Date: July 25 – 29 2016

Venue: Clinical School Johor Bahru

Programs of the week:

Day 1 July 25	Day 2 July 26	Day 3 July 27	Day 4 July 28	Day 5 July 29
8 am – 10 am Health Screening				
5pm – 7 pm Amazing Race	530 pm – 7 pm Opening Ceremony & Zumba Session	530 pm – 7pm The Power of Laughter	5pm – 7pm Healthy Cooking Competition	4pm – 6pm Talent Evening & Closing Ceremony

1) Health Screening:

Health screening is an important part of preventive health services to detect early risk for diabetes and cardiovascular and heart diseases.

Basic health screening is provided to our students, faculty and professional staffs throughout the week, 25-29 July 2016 (Monday to Friday) from 8 am to 10 am.

Health screening conducted includes:

- **fasting glucose test** for the detection and monitoring of Type 2 Diabetes Mellitus,
- **fasting lipids test** for the detection and monitoring of cholesterol levels
- measurement of **Body Mass Index** and waist circumference for the detection and monitoring of obesity

**** Fasting from food for 8 to 10 hours is required for glucose and lipids tests.

All who are interested are required to make an appointment

2) Amazing Race:

Amazing Race is a fun activity that stresses on speed, teamwork and problem solving skills. Through overcoming obstacles and challenges together, it fosters friendship and emotional connection among students.

Prizes will be given to groups that perform best in the event.

3) Zumba Session:

Zumba is a fun and healthy group aerobic exercise that mixes in dance moves with energetic music. It is a total-body workout effective for burning calories and strengthening our muscles. Through sweating and laughing together with other people, it enhances our physical and emotional wellbeing.

4) The Power of Laughter:

The Power of Laughter session is delivered by Ms. Lee-Jean Fung from Johor Bahru Happy and Joyous Club on **July 27 (Wed), 530pm – 7pm.**

Laughter is always known as the best medicine due to its benefits in physical, mental and social wellbeing.

Laughter can help relaxing the whole body, boosting the immune system, dissolving distressing emotions and triggering the release of endorphins (the natural feel-good chemicals) and protecting the heart by improving the function of blood vessels and increasing blood flow.

While laughing alone is beneficial, laughing with others is more powerful as it fosters emotional connection with one another, strengthens relationships and enhances teamwork which in turn enhance resilience towards challenges in life and bring happiness.

Through the 90-minute session with Ms. Lee-Jean Fung, participants will have a chance to experience the power of laughter and learn to bring more laughter into their life.

5) Healthy Cooking Competition:

Healthy cooking competition is a test on students' awareness of healthier food choices and their ability to prepare a healthy and hearty meal in a short period of time.

Prizes will be offered to health-conscious contestants with great culinary skills.

6) Talent Evening:

There is always more than study and work in life for medical students and working professionals. Talent Evening offers everyone an opportunity to show a different side of them and to shine at the stage.

Prizes will be offered to contestants who win the heart of the audiences and judges.