

Health & Fitness Club

Committee

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Leow Wei Soon

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THERE ARE MANY REASONS WHY PHYSICAL ACTIVITY IS GOOD FOR YOUR BODY — HAVING A HEALTHY HEART AND IMPROVING YOUR JOINTS AND BONES ARE JUST TWO, BUT DID YOU KNOW THAT PHYSICAL ACTIVITY IS ALSO BENEFICIAL FOR YOUR MENTAL HEALTH AND WELL BEING

THIS YEAR 2019 SCHOOL HAS INTRODUCED A HEALTH AND FITNESS CLUB TO HELP INDIVIDUALS BECOME PHYSICALLY FIT, DEVELOP CHARACTER, LEARN SKILLS AND BECOME KNOWLEDGEABLE ABOUT SPORT. PHYSICAL FITNESS CREATES WELL-ROUNDED PEOPLE. THIS INCLUDES DEVELOPING MUSCLE STRENGTH, ENDURANCE, FLEXIBILITY AND AGILITY.

Since I joined the Gym in Form 3 and now I am Form 5, I see a lot of Change in me in this 2 years duration. I became healthier and stronger.

I hope another student can join the Health and Fitness club too, it is fun and enjoyable.

- Leow Wei Soon

Since I joined Health and Fitness Club, my physical strength increased a lot. Ever since, I have never regretted joining the this Club.

– Danial Faiz

I joined Health and Fitness Club in the middle of 2018. When I joined this Club, I didn't know what to do, and how to keep my body fit. Then my Teacher seniors started to teach me MMA and Exercises. Then I became fit and strong. Health and Fitness club is the ECA which can make you fit and look nice.

- David Kim

PHOTOS

