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Brightening lives through sport

Utility company promotes healthy lifestyle with newly introduced family day event

KELAB Kilat, one of the oldest playing fields in the country under the care of its proud owner – Tenaga Nasional Berhad (then known as National Electricity Board) has been an iconic site with a rich history.

Till today, hockey lovers fondly remember the 1975 World Cup. As host, the hallowed Kelab Kilat ground was one of the venues in Kuala Lumpur presented to the International Hockey Federation (FIH) for the World Cup preliminary round matches. It received a glowing thumbs-up from FIH.

Fans thronged by the hundreds to watch the Malaysian team led by the mercurial full back Datuk N. Sri Shanmuganathan take on hockey world's most feared team at that time in the form of Netherlands.

International cricket matches were also welcomed with open arms on the famed Kilat Club ground and among cricket luminaries who had played the game here was former England captain David Gower and Pakistan's prolific batsman Zaheer Abbas who led their clubs against the Malaysian Cricket Association President's XI side in friendly matches in the 1980s.

Tenaga Nasional Berhad (TNB), in recent years, has made it better

and brighter for all Malaysians. "Brightening Lives for a Better Tomorrow" has been TNB's clarion call in realising its ambition of providing the best for the more than nine million customers.

Though protecting and preserving the environment is part of TNB's corporate social responsibly (CSR), the local utility company has also taken a deep interest in ensuring the welfare and health of the thousands of its employees nationwide.

Recently, more than 1,500 TNB staff and their family members gathered at this famous Kelab Kilat Sports Complex in Kuala Lumpur in anticipation of the inaugural 1TNB Family Wellness Day.

The 1TNB Family Wellness Day was attended by TNB chairman Tan Sri Leo Moggie and the company's directors as well as senior executives.

The event intended to raise awareness on the importance of leading a healthy lifestyle and spending quality time with loved ones among TNB staff.

Apart from Kuala Lumpur, the event was also organised simultaneously on 62 out of 72 Kelab Kilat grounds, nationwide.

Bodybuilding's most famous icon, Datuk Abdul Malek Mohd

Noor, a six-time Asian heavyweight champion and two-time Mr Universe finalist who is training and health consultant for TNB, warmed up the occasion with a light exercise session for the young, old and children.

Among the activities held was a 14km bicycle fun ride and 4km walkathon. The young and old put their skills to the test in various sports activity zones such as football, netball, archery and hockey. The Kilat Club foyer too was filled with excitement with Zumba and Pilox sessions.

Moggie was seen mingling with the staff and their family members. The former Federal Minister is convinced the 1TNB Family Wellness Day fosters close comradeship among staff and promotes a healthy lifestyle.

"We decided to change the concept from a fun fair held previously to a wellness type of a family day in line with our policy of encouraging our employees to lead a healthy lifestyle. They can also spend precious and quality time with their families on weekends," he said.

"If our family is healthy, it will have a positive effect on our mind, working in a peaceful environment.

"We have to understand the importance of keeping a healthy lifestyle and the need for daily exercise.

Event organising chairman Amizan Wan Yunus is a firm believer that this inaugural Wellness Day programme will achieve its goal in the long run.

"The objective of 1TNB Family Wellness Day is to get all TNB employees together with their family members to participate in sports activities.

"It helps to bridge a closer relationship among us. We will surely be geared for more activities in future," he said.



Certified TNB gym trainers who will train at the TNB Kilat Club in a group shot after receiving their certificates before the start of the event.

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The 14km bicycle fun ride was popular with TNB staff and their families.



Moggie (left) launching the 1TNB Family Wellness Day 2016 with senior TNB staff.