

Headline	Boulevard Health Week 2017 is back
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Boulevard Health Week 2017 is back

BY CHRISTOPHER LIDOM

KUCHING: The Boulevard Health Week 2017 is back again for the fourth consecutive year as part of their effort to promote healthy lifestyle among the community here.

Boulevard Function and Marketing Manager Chin Sze King, said that this year event will highlight three main events which are the health expo, Mr. Boulevard and Mr. BBS Bodybuilding competition and also Fun Ride, in effort to create awareness on healthy living towards the Kuching community.

"The objective of this event is to create health awareness among Kuching citizens, physically and mentally, and also to cultivate a healthy lifestyle among the community," said Chin during a press conference of Boulevard Health Week 2017 held at Boulevard Shopping mall new wing, yesterday.

Various of activities have been lined up for the participants during the four days event which is

brought by the event partners such as Polygon, Sarawak Body Building Association (SBBA), Sarawak Women for Women Association (SWWS), The Art of Living, and CHKMUS-MAA Medicare Charity Dialysis Center.

For the Health expo, CHKMUS-MAA Medicare Charity Dialysis Centre together with BP Lab will provide a free screening and consultation (3-6 August) for Basic Body Composition Analysis (BCA), Blood Pressure Measurement (BP), and also Rapid Blood Glucose.

On 5 August, Diabetes Resources Centre will also provide free Diabetes screening, while The Art of Living will (3-6 August) be organising Yoga dancing, singing and cooking demo, together with SWWS and Unimas Medical Faculty.

Ear examination will be on from 3 to 6 August, and Melilea will be providing a Meridian Health Diagnostic and also sampling.

The main highlight event which is the Fun Ride Fiesta will be held on 6 August 2017, at the Boulevard Shopping Mall outdoor carpark.

The registration is open for public age of 12 and above for free and closing date for registration is on 31 July 2017.

Participants below 18 years of age is required to ride along with their guardian.

Lucky draw worth RM10,000 and a certificate will be given away for those who complete the ride during the event.

For Fun Ride Fiesta registration, visit their website at www.boulevardmall.my, and BIB redemption will be on 3 to 5 August 2017, at redemption counter in Boulevard Shopping mall new wing.

For the Mr. Boulevard and Mr. BBS Bodybuilding Competition, the event will be held on 5 August 2017 starting 3.00pm at Atrium Stage, Boulevard Shopping Mall New Wing.

The Mr. Boulevard class is divided into two categories which is 70kg and above, and 70kg and below, and the prize for both category are RM1000 (1st), RM500 (2nd) and RM200 (3rd), together with trophy, supplements and certificate.

The Mr. BBS (fitness) class will also include two category which is 170cm and above, and 170cm and below, and the prize are RM800 (1st), RM400 (2nd) and RM100 (3rd), including trophy, supplements and certificate.

Registration fee is RM20 per person and entry forms can be obtained at BBS Kuching outlet or Boulevard Shopping Mall, Kuching.

Closing date for registration is on 29 July 2017, and the partici-

pants weigh in will be on 4t August 2017, from 6pm to 7.30pm at BBS outlet Kuching.

Other events organised during the expo are Yoga dance, Joyful stress release technique (4 August) by The Art of Living, starting 7.30pm to 9pm (open to public), Fun time with Yakult (5 and 6 August), Vegan Cooking Demo (5 August), and Healthy ingredients making workshop (6 August).

Registration is needed for the Health Ingredients Making

Workshop and form is available at Boulevard Information Counter (Material fees RM15).

The event is sponsored by Ogawa, Liansin, Guardian, Borneo Bodybuilding Supplement (BBS), Nestle, Revive, and Yakult, while partners for the event are Polygon, Sarawak Body Building Association (SBBA) Sarawak Women for Women Society (SWWS), The Art of Living, and CHKMUS-MAA Medicare Charity Dialysis Centre.

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CHIN (centre) posing for a photograph with Boulevard Health Week 2017 event partners and sponsors after the press conference, yesterday.