

**NEWS RELEASE
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HEART HERO 2022 SEES A NEW MALAYSIA BOOK OF RECORDS ENTRY FOR 4,797 SKIPS IN 30 MINUTES!

It was recorded as the 'Most Double Dutch Skips' in 30 Minutes

KUALA LUMPUR, 26 September 2022 – Maaedicare Charitable Foundation's **Heart Hero 2022** saw an *official record* into the **Malaysia Book of Records for the Most Double Dutch Skips in 30 minutes** by Jump Rope professional and TikTokker Muhammad Abdul Firdaus Rasid, yesterday.

Firdaus, 27, completed **4,797 skips** in 30 minutes. This entry was acknowledged by the Malaysia Book of Records Senior Consultant Edwin Yeoh Tiong Chin upon completion of the feat at the LINC KL.

Accompanied by his family and friends, Firdaus emerged triumphant but visibly exhausted after the jumps. He was assisted on the rope by his two brothers – Muhammad Faiz Abdul Rasid and Muhammad Faris Abdul Rasid.

Trained by his father Abdul Rasid Mahamoud since he was four years old, Firdaus represented Malaysia in the Asia Rope Skipping Championship 2004 in Bangkok, Thailand and won eight gold medals (trio attempt).

"I am very happy to set this record for my craft because it has been my passion since young. This is definitely motivation for me to continue to pursue more record-breaking attempts," he said, adding that he was grateful to his dad for instilling the discipline and providing encouragement.

The inaugural **Heart Hero 2022** event was organised by Maaedicare Charitable Foundation to raise awareness on heart health, and the importance of early prevention of heart diseases.

Held in conjunction with the *World Heart Day*, the event also had the participation of 24-year old Muay Thai national athlete and 2018 Sukma Bronze Medalist Nur Athirah Bidin and Boxing Coach Ziv Liew, who demonstrated mixed martial arts moves.

Part of the event included free medical screenings by the Foundation's doctors, a Malaysian Red Crescent Society Cardiopulmonary Resuscitation (CPR) session, free jump rope clinic, lucky draws, and services from health and educational institution exhibitors.

Chief Executive Officer of Maaedicare Charitable Foundation, Dr. Haji Azriman Rosman said the medical NGO was devoted to advocating the importance of early prevention of cardiovascular diseases through free medical screenings.

"Malaysians need to be cognisant of the fact that the main risk factors for cardiovascular diseases are smoking, obesity, high cholesterol, diabetes, high blood pressure and lack of physical activity. Therefore, early screenings are crucial, as prevention is always better than cure.

"Screenings help to identify if a patient is at risk of, or has a disease or condition, that was previously undetected. Health screening is advantageous to those who may have a family history of cardiovascular diseases. It helps with detection and enables timely treatments to prevent complications," he said, adding that exercise was a vital component in maintaining good heart health.

According to the National Health and Morbidity Survey 2019:

- a) 1 in 4 adults above 16 years of age in Malaysia – are physically not active
- b) Those who are least active are aged 75 years and above (59%), and students (39%)
- c) Diabetes, hypertension and high cholesterol which are non-communicable diseases (NCDs) are major risk factors for cardiovascular diseases
- d) Cardiovascular diseases (CVDs) are the leading causes of death in Malaysia
- e) 1.7 million people in Malaysia currently live with three major risk factors
- f) 3.4 million people in Malaysia currently live with two major risk factors
- g) Healthy diet, regular exercise, control of blood pressure <140/90, avoidance of alcohol and smoking - are measures to combat NCDs

Also present was Malaysian Red Crescent Society deputy secretary-general Dato' Danial Iskandar bin Abd. Rahman.

Heart Hero 2022's partners included The LINC KL, Malaysia Book of Records, Malaysian Red Crescent Society, St. John's International School, Ramada Suites by Wyndham KLCC, Ramada by Wyndham Langkawi Marina, Shahzan Hotel Kuantan, Trinidad Suites Puteri Harbour Johor Bahru, Imperium International College, Wrappe, Duopharma (M) Sdn Bhd, HS Mediclinic & Surgery Sdn Bhd, Immunochem Sdn Bhd, and PROMEDICTECH (KL) Sdn Bhd.

For more information, visit maaedicare.org

About Maaedicare Charitable Foundation

The MAA Medicare Kidney Charity Fund was initiated in 1994 and rebranded to MAA Medicare Charitable Foundation (The Foundation) in 2014. Since 2022, MAA Medicare Charitable Foundation is known as **Maaedicare Charitable Foundation** (MCF) or Yayasan Amal Maaedicare (YAM).

The Foundation is the 2nd largest non-profit dialysis provider in Malaysia that offers highly subsidised treatments at its 11 dialysis centres in the country. In September 2018, the Foundation established Malaysia's first heart charity centre – the **Maaedicare Cardiac Diagnostic Centre** in Jalan Ipoh. The cardiac centre provides quality care, and comprehensive cardiac and vascular services and consultations, with subsidies.

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