

# 2017 RISM QS Division **Surveyor Social Event**

# **Healthy Lifestyle** Awareness Workshop (FOC/Complimentary from QS Division)

Maximum of 60 registrations on a first come first serve basis for RISM Registered Members only!





: 25 November 2017 (Saturday) **Date** : 10.45 am (10.15 am for registration Time

Venue : Crossfit Pahlawan

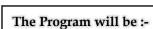
R-05, 3rd Floor, Citta Mall

Jalan PJU 1A/48

PJU 1A, Ara Damansara 47301 Petaling Jaya

Closing Date: 22 November 2017 (Wednesday)





### Briefing/Talk

- 1. Current issues in Malaysia's Lifestyles
- 2. How to practice healthy lifestyle
- 3. How to eat right
- 4. What exercise program suits one lifestyle
- 5. How to exercise effectively
- 6. ....and many more....

Introducing of basic exercises

#### Workout 1

- 1. Squats, push ups and other movements in gymnastics element
- 2. Weightlifting elements using barbell, kettle bell and medicine ball
- 3. Cardio elements like running and rowing

### Workout 2

Participants will be introduced to the medium and high intensity workout program which includes the combination of exercise from cardio, gymnastics and weight lifting elements.



# 2017 RISM QS Division Surveyor Social Event



Programme: 10.15am : Registration 10.45am Briefing / Talk 11.45am Break 12.00pm : Workout 1 12.30pm : Break 12.40pm Workout 2 1.10pm **Cooling Down** 1.30pm **Dismiss** 

Attire : Sport Wears and Sport Shoes

## **REGISTRATION**

Kindly complete the above form and fax to 03-7955 0253 or email to asdiverism.org.my.

Should you have any further enquiries, please contact Ms. Vanitha at  $03-7955\ 1773$ .

