

## **Manulife Malaysia Celebrates World Heart Day**

**Kuala Lumpur** – Globally, Manulife supports heart-related causes. In conjunction with this year’s World Heart Day, Manulife Malaysia recently organised several heart-health related activities.

The morning of 26 September 2018 saw close to 100 Manulife staff doing an hour of cardiovascular workout session, conducted by a Fitness First instructor. Later in the day, a Healthy Cooking Demonstration by one of Asia’s health and wellness expert was held. Staff were educated on making healthy choices in their daily diet, consuming appropriate fats for various types of food and shown a cooking demonstration of an easy but healthy meal including a yummy dessert.

Throughout the day, free Health Checks by medical personnel and a Selfie Contest with great giveaways were also arranged for Manulife’s staff. It wasn’t just a day for heart-health, but a promise, a beginning towards caring for one’s health by taking steps towards exercising, eating right and cutting off from unhealthy habits.

On World Heart Day itself, 29 September 2018, Manulife Malaysia once again joined hands with PeopleGiving by Manulife to challenge participants to complete 10,000 steps, in Walk2Inspire. Besides encouraging people to lead an active lifestyle, seven Manulife Malaysia’s Senior Management pledged to raise funds for two heart-related organisations; National Stroke Association of Malaysia (NASAM) and Institut Jantung Negara Foundation (IJNF).

Mark O’Dell, Chief Executive Officer of Manulife Malaysia said, “Heart-related disease is still the leading cause of death in Malaysia in the past decade, affecting even the younger groups. One sure way to a healthy heart is to exercise. Physical activities do not need to be complicated and daily steps lead to so many health benefits.

I am pleased to see such a great turnout for this year’s Walk2Inspire, all of whom are championing healthy-heart. On top of this, I am happy to be able to do my part in raising funds for the needy patients,” he added.

Held at Taman Pudu Ulu Cheras, there were over 500 who turned up and participated in the event.

The total amount collected through registration fee and funds raised were RM46,000.



World Heart Day Celebration by Manulife Malaysia on 26 September 2018, at Menara Manulife, Kuala Lumpur.



Mock cheque presentation of RM46,000 handed over by senior management of Manulife Malaysia, to beneficiaries of Walk2Inspire 2018, National Stroke Association of Malaysia (NASAM) and Institut Jantung Negara Foundation (IJNF).

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### **About PeopleGiving by Manulife**

PeopleGiving was started by a group of volunteers, setup as a non-profit organisation with a purpose to create awareness to the public on 'giving' and to help raise funds for NGOs and NPOs alike. We provide a platform in the form of an online portal - for individuals, NGOs and corporations to create campaigns, with the ultimate aim of raising funds for NGOs of their choice to support a cause that they care about. Since 2016, Manulife has partnered with PeopleGiving by Manulife with a contribution of RM100,000 per annum.

### **About Manulife Malaysia**

Manulife Holdings Berhad is part of Canada-based Manulife Financial Corporation. Through its subsidiary companies, Manulife Malaysia offers an innovative range of financial protection, health and wealth management products and services to meet different customer needs. Manulife Malaysia currently serves the needs of over 300,000 policyholders and wealth management customers. Manulife Holdings Berhad has been listed on the Main Board of Bursa Malaysia since 1984. As at 30 June 2018, its assets under management were over RM10 billion. Manulife Malaysia can be found on the Internet at [manulife.com.my](http://manulife.com.my).

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