



**Starting them young:** Ireka Cares volunteers with the children after the fitness programme.

# Keeping 'em **fit**

## Children take part in fitness programme

**T**HE compound of Rumah Kanak-Kanak Angels was transformed into a mini gymnasium recently as the children took part in a fitness session organised by Ireka Cares.

Shah, a certified fitness instructor from Fitness World, conducted the session to demonstrate the right workout techniques.

He covered aspects of cardio-vascular exercises and strength training by using skipping ropes, fitness balls and lightweight dumb-bells.

The importance of warm-ups prior to working out was stressed on, especially for all the different muscle groups to prevent strain or injury. The warm-up prepared the children for the rigorous sit-ups and push-ups that followed which had them all breathless and sweating.

The communal tables and benches at the home's compound, as it turned out, made good exercise equipment as well.

The furniture was put to good use as the children held on to them for support as they

performed forward bends, leg lifts and stair-climbing.

Various aerobics moves on the fitness ball were also introduced as well as the use of light-weight dumb-bells, ranging from 1kg to 3kg each.

They were also told about the benefits of strength training in helping to develop stronger bones and boost stamina. In between, the children took to the skipping ropes as a form of relaxation and play.

Ireka Cares CSR action committee head Nor Fathiyah Abdullah said: "A healthy and fit body is crucial for the children's physical and mental development as well as overall wellbeing. We hope the children benefited from this fitness programme, and will make it a point to adopt the cardio-vascular exercises and strength training workouts in their regular exercise regime."

Rumah Kanak-Kanak Angels was set up in 2004 to provide shelter to abandoned children between the ages of five and 16 years.