

Promoting a green, healthy lifestyle

MPSJ staff and UPM students cycle 30km around campus under recycling programme

By OH ING YEEN

ingyeen@thestar.com.my

Photos by ROHAIZAT MD DARUS

In a bid to promote a healthy and green lifestyle, Subang Jaya Municipal Council (MPSJ) staff members and Universiti Putra Malaysia (UPM) students cycled 30km around the campus during "Program Kayuhan Hidup Sihat MPSJ" last Saturday.

MPSJ president Datuk Asmawi Kasbi flagged off the event.

The objective of the programme was to promote a healthy lifestyle through group cycling, foster ties by providing them with a platform to meet and socialise as well as cycle together, improve the relationship between the council and the public, as well as improve MPSJ's image as a municipal administrator that is people- and environmentally-friendly.

UPM academic officers association president and Biology Department head Prof Dr Ahmad Ismail said the event was held in line with the Recycle To Cycle (R2C) initiative by UPM and CoCa-Cola Malaysia.



"R2C was introduced in February where students can rent a bicycle for a day with four empty aluminium tins or eight PET bottles.

"The student who cycled the most and contributed the most recyclables in a month will win Coca-Cola merchandise and a special course on bicycle maintenance.

"The money collected from the sales of the recyclables will be used to buy more bicycles," he said, adding that Coca-Cola sponsored US\$250,000 (RM743,500) to promote an active lifestyle and recycling at the campus.

Other collaborations between the council and the university include the Clean Zone and compost programmes.

For more information, call MPSJ at 03-8024 7700, 03-80264462/4464 (programme coordinator) or visit www.mpsj.gov.my



Ready to start: Asmawi flagging off the event at UPM.



All geared up: Around 80 MPSJ staff members and UPM students cheering right before the start of the cycling event at UPM.