

IJN Ride 4 Your Heart 2017



IJN Ride 4 Your Heart 2017 "Ride Heart Strong Heart" is the second edition of an annual cycling event hosted by IJN. Due to the encouraging participation last year, IJN has set a new objective this year which promotes the importance of strengthening the heart muscles in order to have a healthy mind and body. This year's ride is also a highlight of IJN's celebrating its 25th Anniversary with the theme "Art in the Heart".

The heart functions as the vital organ in our body. It requires exercise and it monitors our daily activities in order for us to have a happy and fulfilling life. Cycling is one of the most effective cardio exercises to strengthen the heart muscles as it lowers our resting pulse and reduces the blood fat levels.

The promotion of exercise as a positive and powerful health intervention has never been more important given the explosive increase that we are seeing in disease states which are related to under-activity such as obesity and diabetes which are among the risks to acquiring cardiovascular diseases.

IJN Ride 4 Your Heart 2017 was attended by 1700 participants who cycled a distance of 115km. There was also a fun ride covering 40km. It was held on Sunday, November 26, 2017. The route stretched from University of Nottingham Malaysia-Semenyih-Peres-Kuala Kelawang-Lenggeng-Broga. It was a scenic and cooling ride, attracting many avid cyclists and leisure cyclists.

