



FUN RUN 5KM

Tarikh
27 Mei 2023

Tempat
Hospital Putrajaya

Masa mula
7:00 A.M.

Bayaran

Kanak-kanak : RM 30*
Pendaftaran awal** : RM 50*
Dewasa : RM 60*

*tidak termasuk 6% caj pendaftaran
**sehingga 1 Mei 2023

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Medal
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memenangi cabutan bertuah.

One stop crisis centre (OSCC) adalah salah satu perkhidmatan yang disediakan oleh Jabatan Kecemasan dan Trauma di semua hospital Kementerian Kesihatan Malaysia untuk membantu mangsa-mangsa krisis dengan penglibatan pelbagai agensi di bawah satu bumbung untuk menentang sebarang bentuk keganasan, seperti rogol, penderaan kanak-kanak, liwat dan keganasan rumah tangga.

OSCC Fun Run bertujuan untuk meningkatkan kesedaran mengenai kehadiran OSCC sebagai medium untuk mangsa mendapatkan bantuan.

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Fun Run Manual

**Patricia A. Deuster, Pierre A.
Pelletier, Anita Singh**



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Flexibility stretches Training for specific environments and their problems Dozens of workouts Dealing with training and sports injuries Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone who wants to improve his or her health strength and endurance The Navy Seal Physical Fitness Guide Patricia A. Duester,1998-11 Will enhance the physical abilities required to perform Spec Ops mission related physical tasks promote long term cardiovascular health and physical fitness prevent injuries accelerate return to duty and maintain physical readiness under deployed or embarked environments Includes an overview of physical fitness and addresses SEAL mission related physical activities cardiorespiratory conditioning running swimming strength training flexibility calisthenics load bearing training for specific environments training and sports related injuries harmful substances that affect training etc Illustrated **The Manual of Takigraphy** David Philip Lindsley,1878 Soap-making Manual Edgar George Thomssen,1922 **Your Job Survival Guide** Gregory Shea PhD,Robert E. Gunther,2008-08-11 Selected by IBM Competitive Edge Book Club Selection The beauty of this book on top of its life saving timeliness is its capacity to give the reader concrete steps to live the good life and enjoy it The book made me understand that work can be more fun than fun Warren Bennis Ph D University Professor University of Southern California coauthor Judgment How Great Leaders Make Winning Calls and Transparency How Leaders Create a Culture of Candor Change It s your job It just won t stop It s relentless It keeps coming at you like never ending rapids in a permanent whitewater river Change will burn you out if you don t learn how to handle it This book is not however about mere survival It is about thriving amidst the challenges of your permanent whitewater world at work Protect your career improve your resilience and seize the opportunities in turbulent times Take charge learn to pace yourself set your own course and lead others in ad hoc teams Ride the rapids and rediscover play and adventure in today s demanding work environment Learn from research and the experiences of hundreds of professionals in industries from energy to telecommunications to financial services to health care There s nothing abstract or cute about the way this book talks about change This is practical grounded knowledge for managing your life in a business world that s churning with change Gregory Shea Ph D and Robert Gunther show how to keep your working life on course instead of being pushed beyond your limits find fun and fulfillment regroup and rebound from failure protect yourself from events you can t predict take charge of your life an your future The Manual of Takigraphy David Philip Lindsley,1885 *The Chemists' Pocket Manual* Richard Kidder Meade,1910 *The U.S. Navy SEAL Guide to Nutrition* Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2013-05-22 Learn to control your food intake and care for your body like a U S Navy **Run for Fun Program** Amateur Athletic Foundation of Los Angeles,2003 Manual features a 10 week training program for boys and girls ages 10 14 **Complete Manual of Pitmanic Phonography** Susanna Louise Patteson,1895 The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive

guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance

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