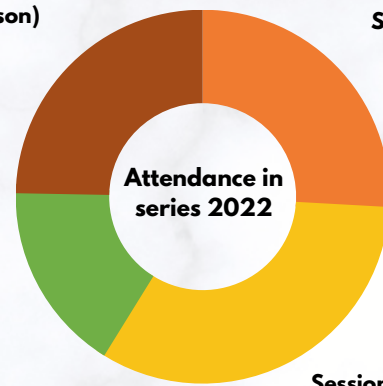




Session 4 (21 person)  
24.7%

Session 1 (22 person)  
25.9%



Session 3 (14 person)  
16.5%

Session 2 (28 person)  
32.9%

THE EFFECTIVENESS OF IFitER PROGRAM  
AT WELLNESS HUB ALOR SETAR IN 2022

# IFitEr

I FIT AND EAT RIGHT

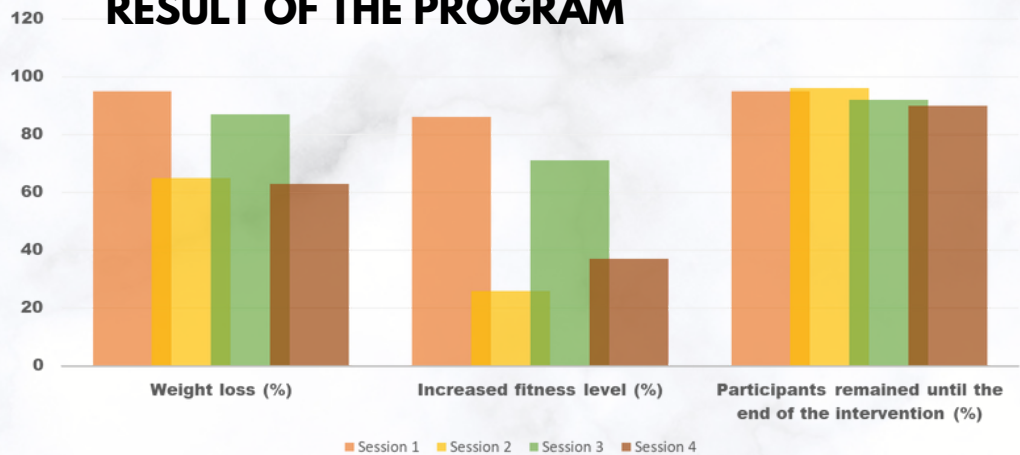
## INTRODUCTION

Obesity is widely recognized as one of the major chronic diseases in the world. IFitER Program was introduced by the Ministry of Health Malaysia (MOH) as an intervention module for weight reduction

## MATERIALS & METHOD

A retrospective study of 4 IFitEr session (2 sessions were carried out face to face over a period of 6 months and 2 virtual programs that were done in 3 months period) at Wellness Hub AlorSetar, Kedah in 2022

## RESULT OF THE PROGRAM



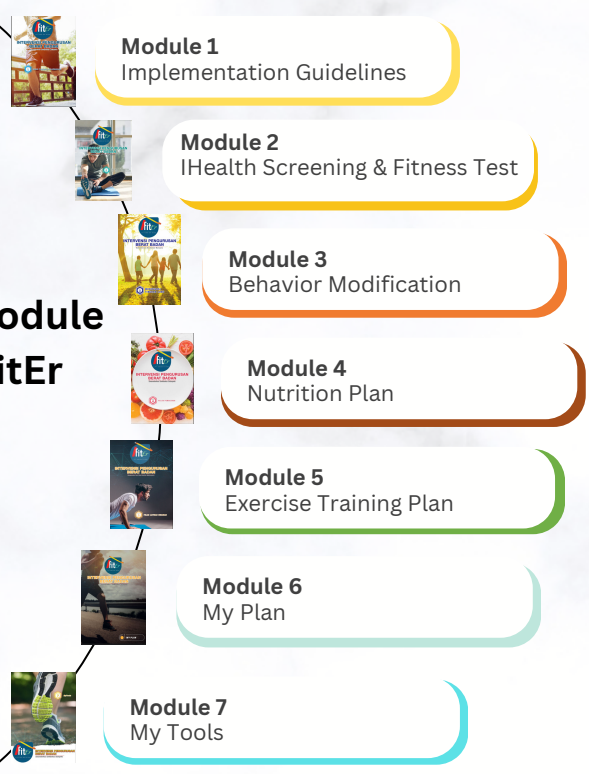
## DISCUSSION & CONCLUSION

The installation of group exercises has proven to be extremely helpful for participants in terms of losing weight and gaining a healthy body.

Health screening and fitness testing provide vital information to participants about their progress and effectiveness throughout the program. Nutritional care and continuing to stay active by doing physical activity can help in losing weight.

By the end of the program, Participants that commit successfully will undoubtedly succeed and accomplished their goal of losing weight in an appropriate way.

## Module IFitEr



More Info



### REFERENCES:

1. Garis panduan pelaksanaan IFitEr.
2. World Population Review Report.
3. Official Portal Institute for public health ministry of Health Malaysia.

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