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# Fitness buffs zumba for a cause

Celebrity Fitness instructors leading the workouts at the Zumba party

**PETALING JAYA** — Celebrity Fitness instructors, together with Zumba WAD!!! (Zumba With A Difference), collaborated with the Malaysian AIDS Foundation to hold a Zumba party recently.

The three-hour event saw the participation of more than 300 people, including celebrities who lent their support to the initiative.

"HIV and AIDS cases have been staggering from 1986 to 2013. We recorded over 101,672 cases of HIV while 16,340 lives have been lost," said Celebrity Fitness Malaysia senior vice-president Choi Kwang Ho.

Choi said the event had two objectives. "First was to raise funds to help the Malaysian AIDS Foundation in their quest to eradicate the negative impact of HIV and AIDS.

"Secondly, it was to increase awareness about the disease and discredit the sensitivity," he said.

Participants spent their morning sweating it out to the Zumba fitness routine which was led by Celebrity Fitness instructors Sunny Cheong, Deno Au Yong and Alex Phang.

To tackle the objective head-on, 15 people afflicted with HIV were invited to participate in the event. It was a bold move by the organisers but was well received by the participants who were seen mingling and working out together.

"Not only was the event a great way to encourage a healthy lifestyle by capitalising on the Zumba craze, more importantly, it served as an ideal platform to raise awareness on HIV and AIDS and the plight



Choi presents a mock cheque to Dr Ilias. Kris is in the centre.

of people who are negatively affected by the epidemic," said Malaysian AIDS Foundation executive director Jasmin Jalil.

Participants were required to pay a participation fee. A total of RM15,000 was collected and all proceeds will be channelled to the Malaysian AIDS Foundation to

benefit its HIV treatment, care and support programme.

Later, Choi and Celebrity Fitness country group fitness manager Kris Malhotra presented a mock cheque to Dr Ilias Adam Yee, exco member of the Malaysian AIDS Council and head of the Red Ribbon Youth Club.