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PRESS RELEASE

My First Run Clinic wrapped up with Graduation Run

- Guest speaker YK Lim shared on the winning mindset
- Session ended with Graduation Breakfast

Kuala Lumpur – MPI Generali Insurans Berhad last Saturday wrapped up its My First Run Clinic programme for the year with Graduation Run at Sri Hartamas large playground.

The general insurer organises the clinic programme as a complement to its annual community run, MPI Generali Run, to help amateur runners and participants learn more about the healthy activity and how to do it correctly.

For all four sessions this year, My First Run Clinic features avid casual athlete YK Lim as guest speaker and product sharing from clinic partners Pilatique Studio, Garmin Malaysia, 2XU Malaysia and Hammer Nutrition.

YK started Graduation Run by sharing about the winning mindset before the participants broke into three loops of practice run. Upon returning to the playground, Hammer Nutrition enlightened the participants on proper fuels and supplements for endurance athletes.

The session ended on a celebratory note with Graduation Breakfast.

The first collection of Project Good Deeds was also made during the session. The CSR initiative seeks to reduce the impact caused by solid waste on the environment by collecting pre-loved sports shoes and tees from MPI Generali Run's participants.

The collected shoes and tees would be donated to the Orang Asli community, with this year's collection going to Kampung Orang Asli Bakar Leleh Bumbum, Pulau Carey, Selangor; Kampung Orang Asli Pulau Carey, Selangor; Kampung Orang Asli Batu Semenyih, Selangor; and Kampung Orang Asli Sebir, Negeri Sembilan.

The sixth annual community run of MPI Generali is happening at Padang Merbok on 8 January 2017. After My First Run Clinic, the general insurer hopes the participants will be more prepared for the Race!

MPI GENERALI INSURANS BERHAD

MPI Generali Insurans Berhad ("MPI Generali"), formerly known as Multi-Purpose Insurans Bhd, is a strategic partnership between Multi-Purpose Capital Holdings Berhad, which is a wholly owned subsidiary of MPH Capital Berhad, a public-listed company, and Assicurazioni Generali S.p.A., one of the largest global insurance providers with a rich heritage going back to 1831. MPI Generali Insurans Berhad's core business is underwriting of general insurance.

MPI GENERALI RUN

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MPI Generali Run is an annual run designed to help the community get healthier together. Kickstarting the local running calendar since 2012, MPI Generali Run has established a reputation as a well-organised and punctual event with well-designed run routes as well as a strong following comprising both new and seasoned runners.

MPI Generali Insurans is proud to position itself as the pioneer general insurer in organising a community-based run in Malaysia and including the run in its CSR programme.

The theme of Healthy Lifestyle – Work-Life Balance remains a relevant theme in today's hectic and more sedentary lives.

MPI Generali Run 2017 is the sixth in the general insurer's run series and will take place on 8 January 2017 at Padang Merbok, Jalan Parlimen, Kuala Lumpur. Its sponsors and partners include New Balance (Official Apparel), 100 Plus (Official Isotonic), Pacific Regency (Hotel Partner), Running Malaysia (Media Partner – Magazine), KPJ Healthcare (Medical Partner), Affin Hwang Capital, BP Healthcare Group, Mamee, 2XU, Magnum, Nestlé Fitness, Nestlé Milo, Pilatique, Garmin, Leong Adjustment Sdn. Bhd., Massimo and Simply Juice.

PROJECT GOOD DEEDS

Project Good Deeds collects pre-loved sports shoes and tees to be donated to the Orang Asli community. As a corporate social responsibility initiative that has complemented MPI Generali Run since 2014, it seeks to promote environmental sustainability through recycling and provide an avenue for Run participants to contribute back to the environment and community.

To date, Project Good Deeds has donated 723 pairs of sports shoes and 2,772 pieces of tees to 10 kampungs, namely Kampung Orang Asli Bakok, Kampung Orang Asli Bukit Damar, Kampung Orang Asli Bukit Jenuk, Kampung Orang Asli Sungai Lalang, Kampung Orang Asli Sungai Mai, Kampung Orang Asli Ulu Yam, Kampung Orang Asli Air Terentang, Kampung Orang Asli Bukit Baja, Kampung Orang Asli Tanjung Rampai and Kampung Orang Asli Ulu Tual Pos Sinderut.

This time round, Project Good Deeds will benefit Kampung Orang Asli Bakar Leleh Bumbang, Pulau Carey, Selangor; Kampung Orang Asli Pulau Carey, Selangor; Kampung Orang Asli Batu Semenyih, Selangor; and Kampung Orang Asli Sebir, Negeri Sembilan.

