

► Wednesday, 4th April, 2012

HEALTH FOR LIFE PORGRAMME FOR BSP STAFF

To further boost awareness on a healthy lifestyle, Brunei Shell Petroleum through its Panaga Health Centre yesterday launched its Health for Life programme. The event was held at the Atrium in the BSP Headquarters in Seria.

Present to launch the programme was Ken Marnoch, Managing Director of BSP. Also attending were several senior officers from BSP and also its staff.

Health for Life programme is aimed at facilitating the creation of a supporting working environment for BSP's staff especially the high risk group to achieve a healthier lifestyle.

Its objectives include creating a programme which increase awareness and empowering staff to take control of their own health. At the same time it assists the personnel to reduce their overall body weight over a period of six months by guiding them towards a better and healthier lifestyle practice.

In his remark, the MD of BSP, Ken Marnoch revealed some worrying statistics where the number of staff who is overweight and obese, those with high cholesterol and high blood pressure has been on the increase over the years.

"This is not a challenge for us in BSP but also all over the world", he stated.

"We all have a role to play in reversing the worrying upward trend of adverse lifestyle related health risk factors present amongst our employees. We can all make a change for the better, and we can all do this through creating a work environment which promotes healthy lifestyle", Ken Marnoch added.

The event also saw a special talk conducted by Professor David Koh from the Institute of Health UBD entitled "Healthy Workforce – What does it mean in business sense?".

This was followed by a Q&A session chaired by Dr Hj Siti Haziah Bte POKSMDSP Hj Abidin, Panaga Health Centre Chief Medical Officer and Professor David Koh.

The event was concluded with a tour of the exhibition on health lifestyle set up the Panaga Health Centre.

ENDS.

Notes to Editors: Brunei Shell Petroleum Company Sdn Bhd (BSP) should be referred as BSP or Brunei Shell Petroleum for abbreviation or headline purposes. Brunei Shell Petroleum Company Sdn Bhd's activity is primarily for the exploration and production of crude oil and natural gas from onshore and offshore fields. The Government of Brunei Darussalam and a company in the Royal Dutch Shell Group of Companies each owns a 50% stake in BSP.