

# SUNWAY LAGOON RESORT HOSTS 24th L&G -MAS MALAYSIAN INTERNATIONAL OPEN BOWLING CHAMPIONSHIP 2001

The 24th L&G-MAS Malaysian International Open Bowling Championship 2001 took centre-stage with over 300 of the world's great bowlers from 18 countries vying for the coveted men's and women's titles.

The event, held at the 48 lanes of Pyramid Mega Lanes at Sunway Pyramid, Sunway Lagoon Resorts, from 21 - 31 March 2001, provided bowling fans an opportunity to catch world-greats in action.

Among them were 4-time AMF Bowling World Cup Champion Paeng Nepomuceno from the Philippines, and the Malaysian bowlers for the SEA Games, such as Kenny Ang and Shalin Zulklifi.

In addition, Sunway Lagoon Resort also organised a Bowling Clinic on March 17 to give the public an opportunity to bowl and pick up bowling tips from the national squad for the SEA Games.

The prestigious annual event, the 24th L&G-MAS Malaysian International Open is not only the qualifying round of the First Leg of the Asian Bowling Tour 2001, but also the first ranking tournament in Asia towards World Ranking, which provides the top finalists for Asia for the World Bowling Masters in February/March 2002.

Winners of the L&G-MAS Open received total prize money worth close to RM110,000. In addition, RM50,000 in cash prizes was given away for those scoring a Perfect Game of 300. **BS**



SUNWAY MEDICAL CENTRE

## 8 TIPS FOR GOOD POSTURE AND BODY MECHANICS

Interested in keeping in shape? Of course, you are. Here are eight ways to do so:

1. Be aware of your posture. Maintaining good posture is important. When standing, learn to keep your shoulders and hips in a straight line. Keep your stomach pulled in.
2. Work surfaces should be at a correct height.
3. Adjust your chair and ensure that the computer screen is at eye level.
4. Use a writing slope if necessary to avoid slouching.
5. Do not sit too long in one position. Take regular breaks if you have to make that long journey!
6. When lifting an object, stand as close as you can to the object. Bend at the knees, pull stomach muscles in and tuck in pelvis. Hold object close to your body to decrease the load on your back. Lift using leg muscles.
7. Sleep on a firm mattress, not a saggy one. Turn to your side, then get up from the lying down position.
8. Exercise is very important. You need to do stretching, strengthening and flexibility exercises to restore strength and mobility of your back. Endurance exercises like cycling, swimming and walking are good for cardiovascular benefits and lifting your spirits. Consult your physiotherapist for advice on exercises. **BS**