



Media Release

**Join the First-Ever “Ronda Laman”
Ramadan Leisure-Walkathon by AIA PUBLIC Takaful**

Kuala Lumpur, 5 June 2018 – A walkathon during Ramadan? Yes, you better believe it! AIA PUBLIC Takaful Bhd. is organising the first-ever Ramadan Leisure-Walkathon called “Ronda Laman” and you and your family and friends are invited to be a part of this one-of-a-kind event. Participants will be able to enjoy a variety of exciting activities and participate in an exciting lucky draw, while enjoying a leisurely stroll around the park.

Date: 9th June 2018

Time: 4.00pm to 7.00pm

Location: Setia City Park, Shah Alam, Selangor.

The “Ronda Laman” Leisure Walkathon will feature the appearances of Cergas Ramadan ambassadors Wawa Zainal and Aerial Zafrel who will be participating in fun stage games and exclusive meet and greets for contest winners. Participants will also be able to complete the walkathon route with Wawa and Aerial – be the first 700 to complete the course and win exclusive AIA merchandise. In addition, PU Azman will be in attendance to deliver a Tazkirah as part of the programme. The event also features a lucky draw where a lucky few will be able to get their hands on exciting prizes like a Samsung Galaxy S9, autographed Spurs football, Fitbit devices and many more!

“Ronda Laman” is part of AIA PUBLIC Takaful’s annual Cergas Ramadan 2018 campaign, a unique movement that encourages Muslims to stay active (in moderation) and healthy during the holy month of Ramadan. This year’s campaign features a call-to-action theme **“Lawan Diri. Kuatkan Iman, Kuatkan Badan”** that builds upon Ramadan’s purpose of a Muslim’s spiritual submission and a source of purification for the soul, heart, mind and body. This theme encourages Muslims to better themselves through challenging yet conscious decisions to be healthy and active during the fasting month.

“This marks the third year for our Cergas Ramadan campaign and we are happy to share that the response from the public has truly been encouraging. While organising a walkathon during the fasting month may be unusual, this initiative is true to our testament and purpose of helping Malaysians live healthier, longer and better lives.” said Elmie Aman Najas, Chief Executive Officer, AIA PUBLIC Takaful Bhd.

“It’s understandable that there is a lot of focus during the month of Ramadan on festive preparation, food and decorations as we head towards the joyful celebration of Hari Raya, but our proposition of health focuses on encouraging Muslims to not neglect their health and well-being during Ramadan. Simple exercises and healthy food choices during this

month goes a long way in ensuring that we have a more fulfilling and enjoyable Raya celebration. Today's leisure-walkathon is our way of empowering people to stay active together and motivate one another," he added.

The Cergas Ramadan campaign advocates the adoption of simple and moderate lifestyle changes during the fasting month to keep active and healthy. These tips do not require a major lifestyle overhaul – they are simple, doable and easy to follow:

- **TIP #1:** Power pack your *Sahur* with high fibre food like fruits and vegetables to get that added boost of energy throughout your day. Avoid caffeine during *Sahur* to reduce dehydration.
- **TIP #2:** Increase your water intake after you break fast and before you sleep to keep your body sufficiently hydrated.
- **TIP #3:** Try simple and moderate exercises during the month of Ramadan to keep yourself energised (yoga, brisk walking and squats). The best time to exercise is right before *Iftar*, or very early before *Sahur*.

For more information on the Ronda Laman, please visit AIA Malaysia's Facebook events page: <http://bit.ly/2HgxSCw> .

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About AIA PUBLIC Takaful Bhd.

AIA PUBLIC Takaful Bhd. (AIA PUBLIC) is jointly owned by AIA Co. Ltd. (AIA), Public Bank Berhad (PBB) and Public Islamic Bank Berhad (a wholly-owned subsidiary of PBB). Incorporated on 11 March 2011, AIA PUBLIC leverages on AIA and PBB Group's leadership positions as well as established infrastructure and distribution networks in the insurance and banking industries to drive growth and increase the Family Takaful penetration in the domestic market. AIA PUBLIC is committed to offering the right Shariah solutions to meet the different life stages needs of our customers.

About AIA Bhd.

AIA Bhd. is a leading insurer in Malaysia, where we have been privileged to do business since 1948. We offer a suite of financial solutions including Protection, Health, Personal Accident, Employee Benefits, General Insurance, Mortgage, Retirement and Family Takaful products to meet our customers' protection and financial security needs at every life stage. Through our wide and diverse distribution footprint which comprises a 14,000 strong Life Planner force, our exclusive bank partner's branches nationwide as well as corporate sales teams and brokers, we give our customers the choice of deciding how, when and where they connect with us.

Part of the AIA Group, the largest independent publicly listed pan-Asian life insurance group, AIA Bhd. has the financial strength, experience, service centre network and a well-trained team of more than 2,000 staff to serve our 3 million customers nationwide. As at 30 November 2017, AIA Bhd.'s total asset worth was RM51 billion, with a paid-up capital of RM1,451 million.

About AIA

AIA Group Limited and its subsidiaries (collectively "AIA" or the "Group") comprise the largest independent publicly listed pan-Asian life insurance group. It has a presence in 18 markets in Asia-Pacific – wholly-owned branches and subsidiaries in Hong Kong, Thailand, Singapore, Malaysia, China, Korea, the Philippines,

Australia, Indonesia, Taiwan, Vietnam, New Zealand, Macau, Brunei, Cambodia, a 97 per cent subsidiary in Sri Lanka, a 49 per cent joint venture in India and a representative office in Myanmar.

The business that is now AIA was first established in Shanghai almost a century ago. It is a market leader in the Asia-Pacific region (ex-Japan) based on life insurance premiums and holds leading positions across the majority of its markets. It had total assets of US\$216 billion as of 30 November 2017.

AIA meets the long-term savings and protection needs of individuals by offering a range of products and services including life insurance, accident and health insurance and savings plans. The Group also provides employee benefits, credit life and pension services to corporate clients. Through an extensive network of agents, partners and employees across Asia-Pacific, AIA serves the holders of more than 30 million individual policies and over 16 million participating members of group insurance schemes.

AIA Group Limited is listed on the Main Board of The Stock Exchange of Hong Kong Limited under the stock code "1299" with American Depositary Receipts (Level 1) traded on the over-the-counter market (ticker symbol: "AAGIY").