

## NATION

# 'I run in every foreign city I visit'

**ESSENTIAL:** Early morning 6.8km run to work is normal, too

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**T**O most people, the city centre is synonymous with business — where global finance and business come together, where money is made and lost.

For Percetakan Nasional Malaysia Berhad (PNMB) managing director Izham Yusoff, among cities, Kuala Lumpur is all that, and more — it is his jogging track.

He jogs from the Kuala Lumpur City Centre (KLCC) to his office in Jalan Chan Sow Lin, a 6.8km route, every other day.

Izham, who lives in Petaling Jaya, sends his wife to her office near KLCC and parks his car there. He then limbers up for the run to his workplace around 6:30am.

On days when he does not run, he swims.

"I am careful not to exert too much stress on my knee, so I alternate my running days with swimming."

He also makes it a point to run in every foreign city he visits, saying

that it helps him discover little places of interest, normally not seen by tourists travelling in tour buses on guided tours.

Izham, for the life of him, cannot fathom how running on a treadmill can be productive.

"I did it before and found it excruciatingly boring, so I started jogging in the KLCC park instead, but even that got dull after a while."

That was when he started running from "point to point".

"It's like exercising and going to work at the same time. It is more productive."

While the morning routine of most business executives include ingesting some

type of caffeinated beverage and reading the status updates of friends on social networking sites as amusement; Izham takes a health supplementing drink, and the sight of a city waking up becomes his "pleasure reading" while

he runs to work.

Jogging through the city centre has been Izham's routine for the past five years and the 44-year-old can run almost 7km in under 45 minutes.

He managed to do just that yesterday, before speaking with the *New Straits Times* in an interview outside his office.

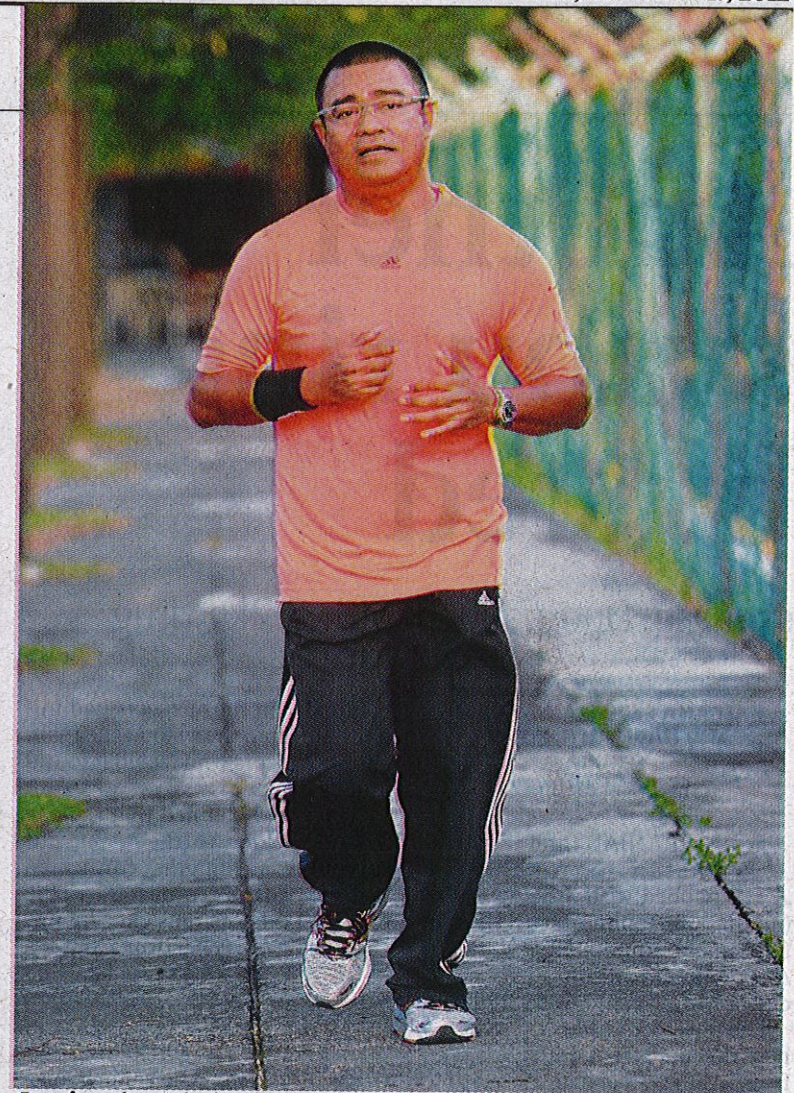
Clad in an orange T-shirt and a black tracksuit, Izham appeared fresh and energetic despite just having completed his exercise regime.

"How fast I can reach my office depends on how smooth the traffic is," he said, referring to the traffic lights.

"I don't jog stationary while waiting for the pedestrian lights to go green, I don't want to appear as if I am too keen," he said in jest.

Izham confessed that it used to be difficult for him to wake up at 5am in the morning when he first

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**Izham Yusoff**  
managing director  
Percetakan Nasional  
Malaysia Berhad



**Jogging** through the city centre has been Percetakan Nasional Malaysia Berhad managing director **Izham Yusoff's** routine for the past five years. Pic by Hasriyasyah Sabudin

adopted this lifestyle, but it would be difficult not to do so now.

"Exercising in the morning has become so integral to my life now that when I miss the routine, I feel lethargic throughout the day.

"Board meetings often last till

late into the evening, so exercising then is out of the question."

"When I wake up, I do my morning prayers. That is my obligation to God.

"After that, I jog. That is my obligation to my own health."