Quantum Fitness Launches Awareness Programme On Healthy Living



Quantum Fitness, launched an awareness programme on healthy living in collaboration with Sigrid De Silva, a dietitian, nutrition consultant, lifestyle and wellness expert in Sri Lanka and Senaka Sylvester, a certified personal trainer.

The presentation named Quantum Lifestyle Awareness focused on delivering health tips while educating participants about how to live a healthy life. Designed to suit all people, young and old alike, the programme was conducted by Sigrid De Silva and Senaka Sylvester and included elaborate explanations. Sigrid De Silva addressed

topics such as eating habits, lifestyle, stress factors and also exercise while Sylvester, a fitness instructor delivered guidelines on exercise and physical work out.

“Through my many years of experience I can say the most common mistakes that people make and problems they have and some are preventable,” said Sigrid De Silva elaborating on the programme. “I addressed all those issues. And as to why I chose Quantum was because it’s not all about the diet or just the exercise. It’s a combination of everything. Therefore, that is why when Quantum approached me I made a conscious choice of participating in this programme. We really want to look after people and it is in the best interest of the individual.”

According to studies obesity and overweight are becoming prevalent issues in Sri Lanka. Furthermore, as these factors lead to heart diseases and diabetes, many people who suffer from these ailments are becoming more common as well. Eating habits and proper exercise along with healthy lifestyle habits will help to combat and overcome these fitness issues.

“Obesity and overweight is going to be a huge problem in future,” said Chinthaka Dharshana, Marketing Executive – Quantum Fitness. “We identified that exercise along will not help to overcome these factors. Therefore we decided to educate the public about these issues and how to overcome them. Our primary aim is to create awareness.”

Adding further and giving his thoughts about the programme Nomal Wijeyaratne, Managing Director – Quantum Fitness said, “because we have been in fitness for some time, this programme conducted in collaboration with Sigrid De Silva is a very beneficial one when looking at holistically. It’s not only the machines; it’s the benefit that you gain from combining diet, physical workout, all in all the body and the mind.”

