

## **MMAA PRESIDENT'S 2023 NEW YEAR MESSAGE**



To All Master Athletes,

**Wish you all a very happy and prosperous New Year !**

Dear All,

It is indeed my pleasure to communicate with all master athletes through this New Year Message.

I hope all master athletes and your family members are all in good health and doing fine. We have almost come to the end of year 2022 – continuation of pandemic. But all of us managed to get away from the pandemic and have started our activities.

MMAA managed to organise 2 Masters Athletics Championships this year in May 2022, and in December 2022. Many athletes participated and glad that they had the opportunity to compete in the championships. We also glad that master athletes from 11 foreign countries came and participated in our championships.

Other than our championships few master athletes have also participated in the open championships in Indonesia. Sabah Masters organised their annual championships and the response was very good. MMAA will keep organising many other activities in the coming years to keep our master athletes fit and healthy always.

I would like to take this opportunity to convey my gratitude and appreciation to all MMAA Council Members, State Masters Athletics Associations and all master athletes for their support and cooperation to all MMAA activities.

MMAA is also sad and pay tribute because we have lost a few of our master athletes this year. We hope their souls Rest in Peace !

Dear friends, most of the master athletes are falling in the 70+ age groups. It is good to see the 70, 80, 90 years master athletes actively participating. As we age, it is important for us to keep ourselves healthy.

The secret behind good health is **DIET and regular exercise**. We have to be very careful in choosing the right food and eating on time. It is good to reduce food that are difficult to digest and choose simple and healthy food like vegetable, fruits and fibre food.

At the same time, it is important to take care of our emotion – don't get too stressed up, worry too much, think too much of the past and the future. **Live today!**

Always have family members and friends around and strengthen your social environment. Friends will be the best companions and try to involve in social activities.

Another important fact is, when we make others happy we will be happy. Do not hurt and talk negatively about others. All have weaknesses and strengths. It is good to think and talk about strengths of others. It will make us feel good and gain respects from others.

Balanced diet, control of emotion, social activities, physical activities, making others happy will make our life better. So indulge in these to keep your mind clear, happy and in peace.

***“Learn as if you will live forever, live like you will die tomorrow.”***

Mahatma Gandhi

***“When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out.”***

Eleanor Roosevelt

***“Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.”***

Diane McLaren

So, lets live the life we have happily every day by making others happy !

Best regards.

**S. SIVAPRAGASAM, AMW  
PRESIDENT  
MMAA**