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Letters must carry the sender's full name, address telephone number and signature. A pseudonym may be included. Letters may be edited for clarity, brevity and other requirements.

AS A doctor, I always encourage my patients to lead a healthy lifestyle which includes exercise, particularly walking at least an hour a day.

Many Malaysians are obese, even those as young as 10 years old.

This is why our government, via Health Ministry, encourages us to exercise.

Obesity leads to many serious health problems such as heart attack, diabetes and hypertension. This puts an extra burden on the government to bear the treatment costs in general hospitals.

This is why we should have plenty of public parks in our country for people to exercise.

I regularly go for a brisk walk and jog. Recently, I went for a jog at Alam Damai Recreational Park in Cheras.

It is a huge 9.3ha park that is a very convenient place for jogging, walking, yoga, *taichi* or just sitting and be calm.

However, Kuala Lumpur City Hall (DBKL) has not been maintaining the place.

The trees at the entrance

Alam Damai park looks abandoned

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DBKL must take good care of the huge green space



have been chopped down and not removed.

The park is located in a hilly area that needs to be maintained for stability. DBKL could have replanted the trees for this purpose.

It could perhaps have allocated some funds to carry out proper replanting of the trees aside from buying machinery.

There are also some catchment pools and a fish pond at the top of the park but I saw only rubbish, shoes, a few plastic road barriers and frogs in it.

The fish pond stinks and the

walking paths are covered with mud.

This dilapidated recreational park seems to have been abandoned by DBKL.

The residents of Alam Damai have a right to a beautiful park. I seriously hope DBKL will restore this park.

I also hope that all the public parks in Malaysia will be well taken care of by the local authorities and our responsible rakyat.

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Bandar Damai Perdana



(Above) Walking paths are covered with mud.

(Left) The trees at the entrance of the park were chopped down and the pieces have not been removed.



The fish pond at the top of the park with plastic items swimming in it.