

# PROPOSED JOGGING TRACK FOR INTI COLLEGE MALAYSIA WITH MODEL DEMONSTRATION

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## ABSTRACT

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The number of people who jog run has increased rapidly in the late 1960' and is continuing to grow. One reason is that it is the most efficient form of exercise, burning more calories per minute than, such exercises as, swimming, bicycling, or squash. It is also inexpensive and convenient exercise, as not much equipment is required, and one can run almost anytime. (Reference 1)

Since jogging bring positive to public, I would like to proposed route for Inti College Malaysia, to encourage people to having healthy lifestyle, a convenient route, a safe jogging track is needed. Then, selection of the route must regard to safety consideration, and materials used must able to minimize the maintenance.