

INSIGHT

WTC COMMUNITY WEEKLY



Pool via Reuters

GET YOUR ROUTINE CHECKUP & EXERCISE AT WTC

MEDIKA PLAZA
WTC 2 LOWER GROUND

FITCO & 20FIT
WTC 1 GROUND FLOOR

F45 TRAINING
WTC COMPLEX

DIVINE DENTAL CLINIC
RETAIL PODIUM, WTC 3 L-2

FIT ≠ *FITNESS*

A year past its original schedule, UEFA Euro 2020 football tournament has finally kicked off on June 11.

The opening matches were nothing short of drama, emotions, fear and horror. Most notably when Denmark's Christian Eriksen went into sudden cardiac arrest 42 minutes into the game.

The 29-year-old fell face-first and team captain Simon Kjaer was the first to secure his teammate's neck, cleared his airways and administered CPR before medics were involved.

Unfortunately this was not the first time an athlete suffered a heart-related scare while playing. Just a couple of days ago, Indonesian Olympic gold medalist badminton player Markis Kido passed away at 36, reportedly from a heart attack.

If you happen to witness a person experiencing these conditions, immediately call for help. Then get an automated external defibrillator if one is available, begin CPR and continue until professional emergency medical services arrive.

Yours trully,
the community editor