TAKE CHARGE OF YOUR HEALTH THROUGH HEALTHY LIFESTYLE ACTIVITIES AND SPORT

Adopt an Active Lifestyle

An active lifestyle not only helps to improve your health, it makes you happier!

Every week, you should work towards:

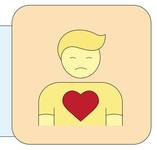
- At least 150-300 minutes of moderate-intensity aerobic exercises
- Muscle strengthening activities at least 2 days
- Limit amount of time spent being sedentary or inactive
- For those ≥ 50 years old, include a variety of strength, balance and flexibility exercises at least 3 times

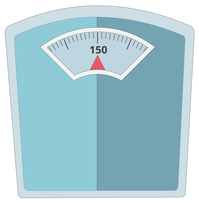
Time to go out and get active with others today!

Staying active can help you manage your chronic conditions

If your BMI is ≥23, aim to lose 5% to 10% of your weight gradually over 6 to 12 months

If you have high blood cholesterol





- Gradually increase your physical activity from what you are already doing

If you have high blood pressure

- Gradually increase your physical activity from what you are already doing
- Work towards 30 to 60 minutes of continuous physical activity at moderate intensity on most days of the week

If you have Type 2 diabetes

- Incorporate light physical activity 1 hour after meals can help lower blood sugar level peaks
- If you are at risk of low blood sugar, check your blood glucose before and after exercising
  If your blood glucose is low, have 15g of fast-acting sugars, and check your blood glucose 15 mins later

WHAT IS MODERATE-VIGOROUS PHYSICAL ACTIVITY?

Engaging in regular exercise can reap numerous health benefits.

Get active, engage in at least **150 to 300 minutes** of moderate-intensity aerobic physical activity every week.

Scan to discover workshops to improve various aspects of your fitnesss

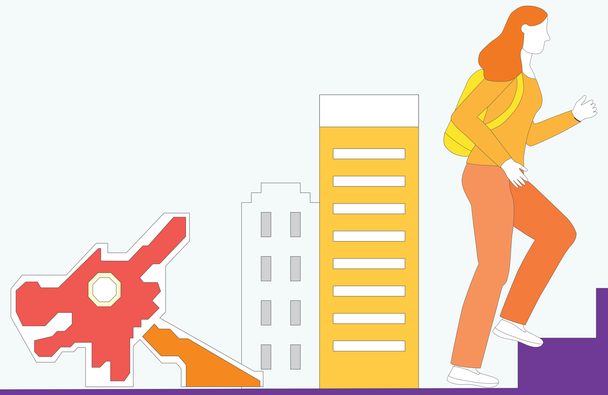
https://go.gov.sg/sportsg-hsg-programmes

Maximum Heart Rate = 220 - Your Age

LIGHT	MODERATE	VIGOROUS
< 64%	64 to 76%	> 76%
Able to speak in full sentences and sing	**Able to speak in short sentences but not sing.** Eg. Brisk walking, Leisure Cycling	**Have difficulties talking** Eg. Running, Kickboxing, HITT
	150 - 300 minutes per week	**75 - 150 minutes per week**

Find Out More

https://go.gov.sg/moveit-hsg-roadshow



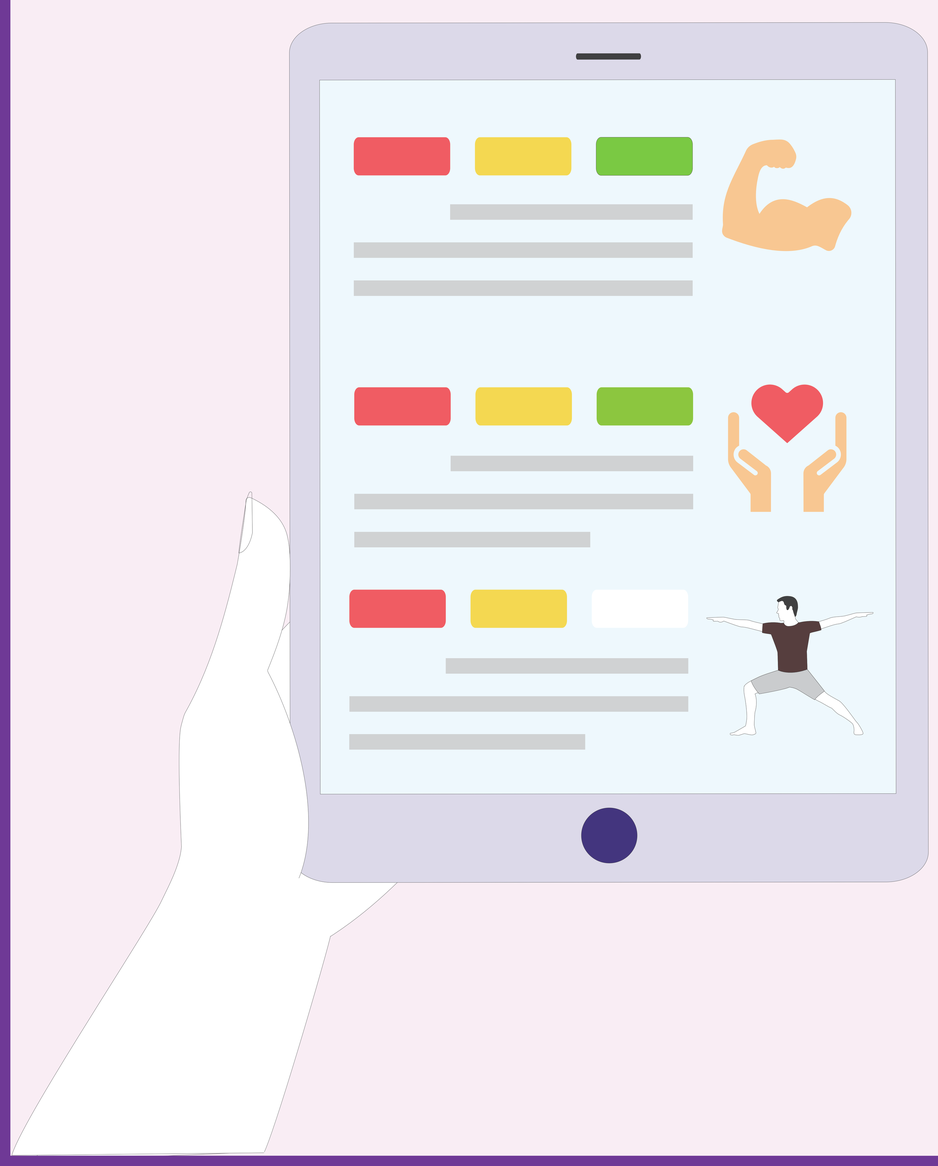
You can also join the **National Steps Challenge** via the Healthy 365 app for a healthier you!

MANAGE YOUR HEALTH WITH ACTIVE HEALTH

As a community partner, Active Health will support you in your health plan and to actively participate in programmes at Active Health Labs and offerings at ActiveSG Sport Centres that cater to a variety of sports, exercise programmes and interest groups.

Our Active Health Coaches will support you in your health plans through multi-disciplinary functional performance assessments, and customised coaching on health and wellness.

Take a fitness and health assessment at any Active Health Lab to learn about your body composition, fitness, health status, and how to manage your health.



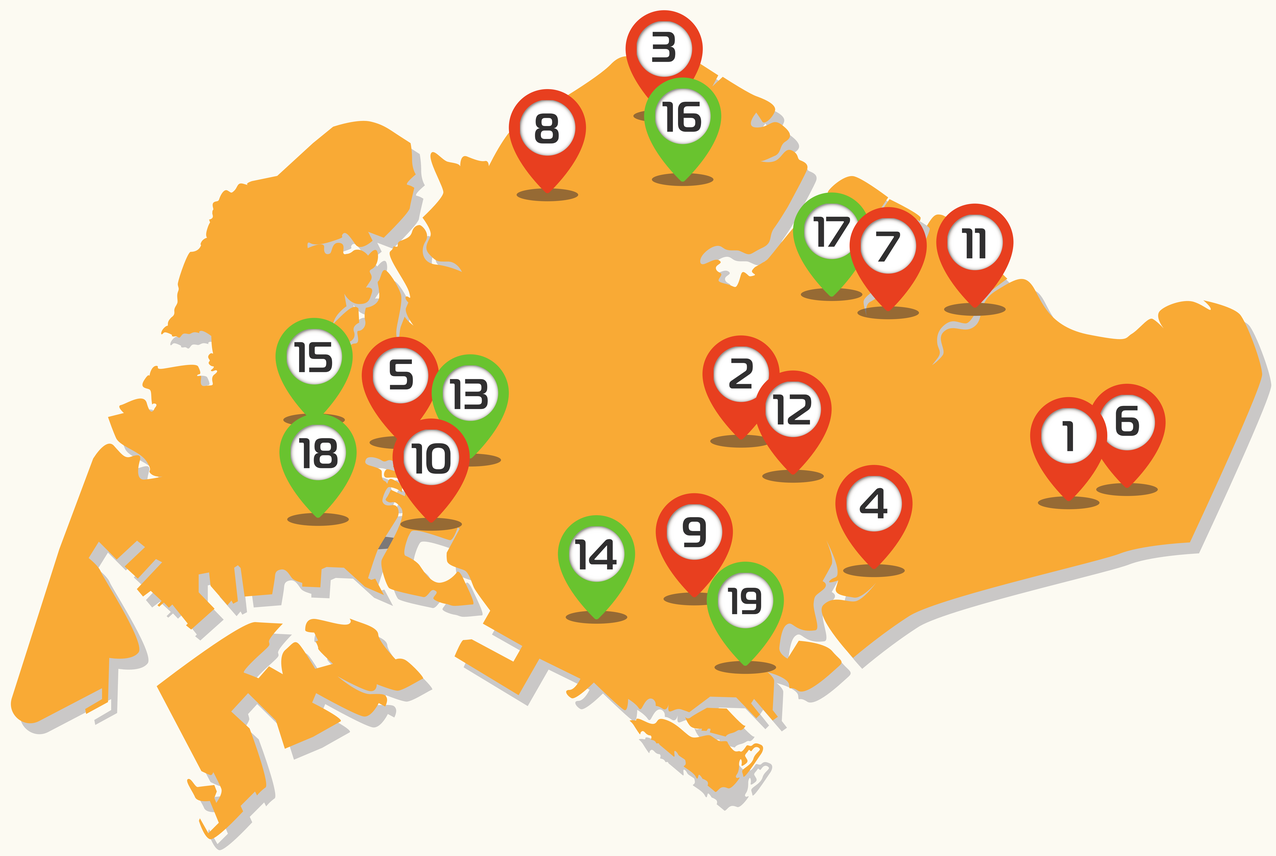
At the Active Health Labs, you can:

- Assess your fitness and health status and track your progress
- Receive health coaching support and tips to reach your health and fitness goals
- Learn and experience different types of exercises in a safe and enjoyable way

Scan QR code to learn more about the Active Health!

https://go.gov.sg/activehealth

MEASURING IS KNOWING! MEASURE UP & STAY ACTIVE AT A SPORT FACILITY NEAR YOU



Active Health Labs

1) Heartbeat@Bedok
2) Bishan Swimming Complex
3) Bukit Canberra
4) Decathlon Singapore Lab
5) Jurong East Sport Centre
6) Our Tampines Hub
7) Sengkang Sport Centre
8) Woodlands Sport Centre

Coming Soon (2024 onwards)

9) Delta Sport Centre
10) Jurong Hub
11) Punggol Regional Sport Centre
12) Toa Payoh Integrated Development

Scan QR code to learn more about the Active Health Labs!

https://go.gov.sg/activehealth-find-us

Sport-in-Precinct

13) Bukit Batok
14) Buona Vista
15) Jurong Spring
16) Sembawang
17) Sengkang East
18) Taman Jurong
19) Yan Kit

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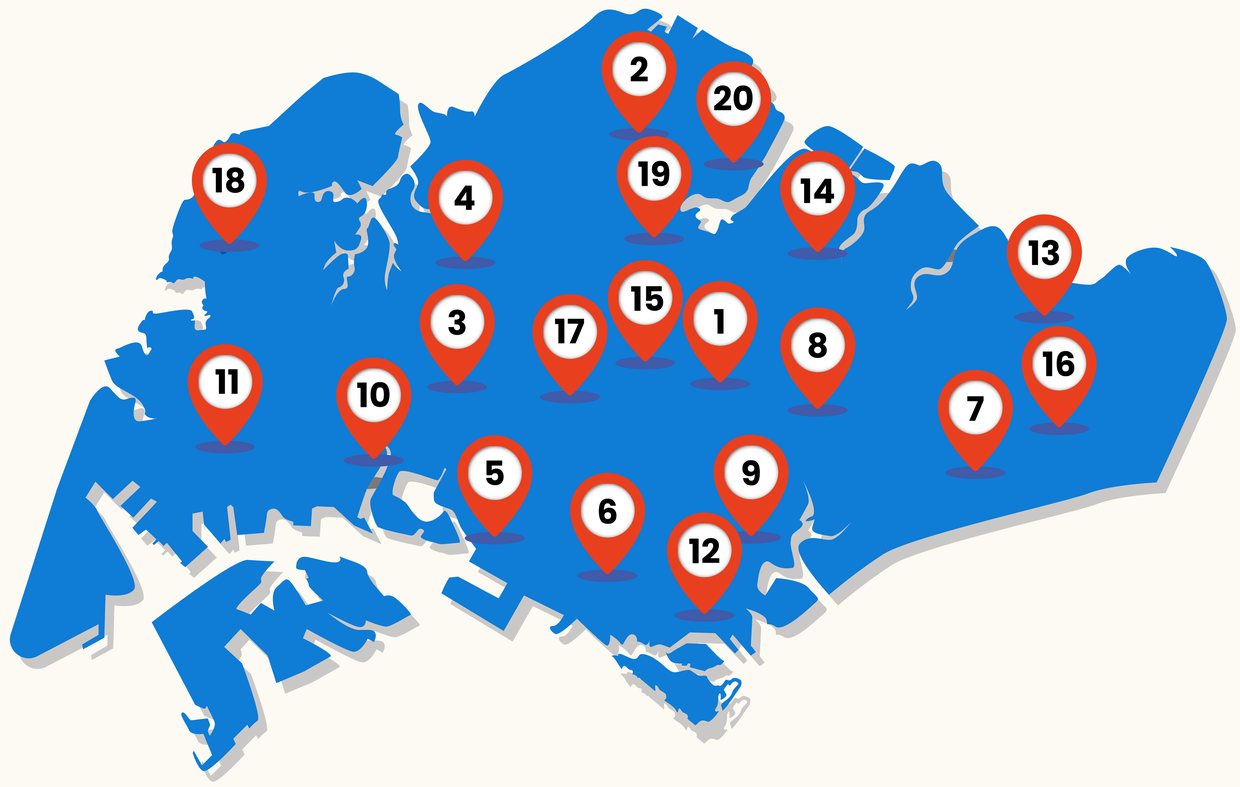


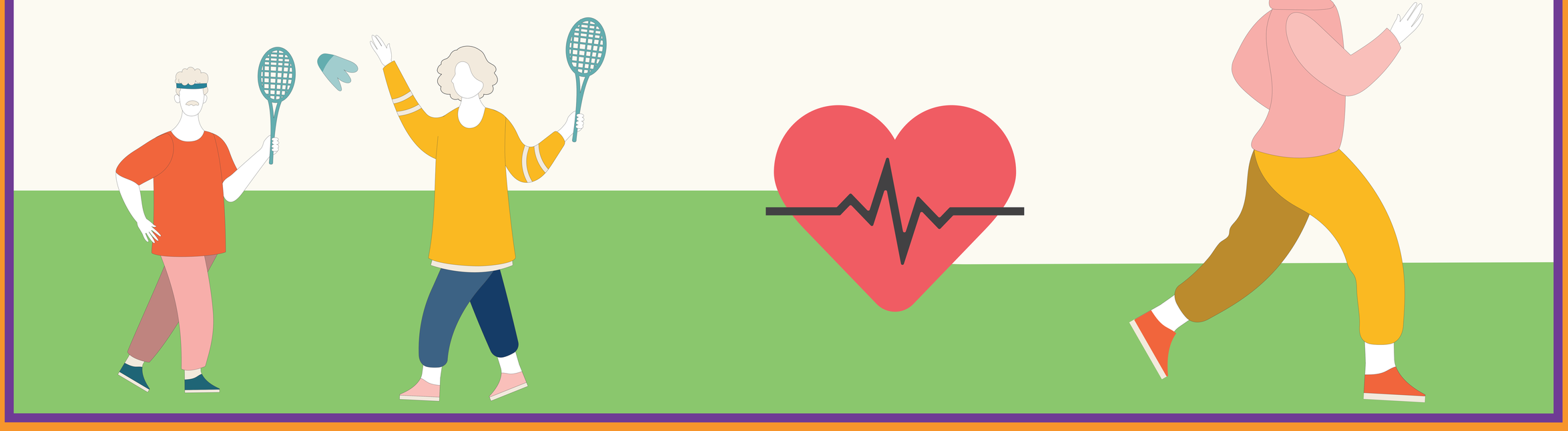
Scan QR code to learn more about the ActiveSG Sport Centres

https://go.gov.sg/activesg-sportcentres

ActiveSG Sport Centres

Visit any ActiveSG Sport Centres conveniently located all over Singapore!

1) Bishan
2) Bukit Canberra
3) Bukit Gombak
4) Choa Chu Kang
5) Clementi
6) Delta
7) Heartbeat@Bedok ActiveSG
8) Hougang
9) Jalan Besar
10) Jurong East
11) Jurong West
12) Kallang
13) Pasir Ris
14) Sengkang
15) Serangoon
16) Tampines
17) Toa Payoh
18) Woodlands
19) Yio Chu Kang
20) Yishun



Active Health

MEASURING IS KNOWING

Cardiorespiratory Fitness

Refers to the ability of the circulatory system to deliver the oxygen muscles need.

3-Minute Step Test

This assessment measures your cardiorespiratory fitness level based on how quickly your heart rate recovers after exercise. The lower your heart rate is after the test, the more aerobically fit you are.

Why Is It Important?

Having a good cardiorespiratory fitness level increases general exercise capabilities and allows one to sustain physical activity for longer periods without feeling fatigue easily.

	Men's Grade			Woman's Grade		
Age	Below Average	Average to Above Average	Above Average	Below Average	Average to Above Average	Above Average
18-25y/o	101 or higher	85 - 100	84 or lower	111 or higher	94 - 110	93 or lower
26-35y/o	104 or higher	87 - 103	86 or lower	112 or higher	95 - 111	94 or lower
36-45y/o	107 or higher	91 - 106	90 or lower	120 or higher	97 - 119	96 or lower
46-55y/o	113 or higher	94 - 112	93 or lower	125 or higher	102 - 124	101 or lower
56-65y/o	116 or higher	97 - 115	96 or lower	127 or higher	104 - 126	103 or lower
66+y/o	119 or higher	103 - 118	102 or lower	131 or higher	106 - 130	105 or lower

Measure up today to find out how fit you are!

Active Health

MEASURING IS KNOWING

Muscular Strength

Refers to the maximal capacity of the muscles to perform work against resistance.

Handgrip Strength Test

This assessment measures the maximal amount of force that your forearm can produce.

Why Is It Important?

Handgrip strength is essential for various functional activities in daily life like carrying groceries or a child. It is one of the major factors for the diagnosis of sarcopenia, the loss of skeletal muscle mass and strength.

	Men's Grade			Woman's Grade		
Age	Below Average	Average	Above Average	Below Average	Average	Above Average
25-29y/o	<37.7	37.7-57.5	>57.5	<25.6	25.6-41.4	>41.4
30-34y/o	<36.0	36.0-55.8	>55.8	<21.5	21.5-35.3	>35.3
35-39y/o	<35.8	35.8-55.6	>55.6	<20.3	20.3-34.1	>34.1
40-44y/o	<35.5	35.5-55.3	>55.3	<18.9	18.9-32.7	>32.7
45-49y/o	<34.7	34.7-54.5	>54.5	<18.6	18.6-32.4	>32.4
50-54y/o	<32.9	32.9-50.7	>50.7	<18.1	18.1-31.9	>31.9
55-59y/o	<30.7	30.7-48.5	>50.7	<17.7	17.7-31.5	>31.5
60-64y/o	<30.2	30.2-48.0	>48.5	<17.2	17.2-31.0	>31.0
65-69y/o	<28.2	28.2-44.0	>44.0	<15.4	15.4-27.2	>27.2
70+y/o	<21.3	21.3-35.1	>35.1	<14.7	14.7-24.5	>24.5

Measure up today to find out your handgrip strength!

Active Health

MEASURING IS KNOWING

Balance

Refers to the ability to control your body movement and stay upright against gravity.

Balance Board Test

This assessment measures your whole body balance and stability.

Why Is It Important?

Having good balance is essential for daily activities and sports performance. It can also be used as an indicator to help manage fall risk.

Grade	Below Average	Average	Above Average
Time	≤14.9s	15s-29.9s	>30s

Measure up today to find out about your balance!

Active Health

MEASURING IS KNOWING

Find Out Your Lower Body Muscular Strength & Fitness in 60 seconds!

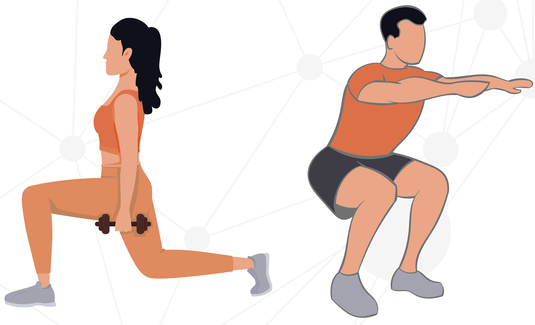
Lower Body Muscular Strength Test

1. Sit with legs shoulder width apart and arms crossed over chest
2. Rise to a full standing position and then sit back down again.
3. Complete as many full stands as possible within 60 seconds.
4. Remember to count and stop immediately if you feel any pain or discomfort.

Why Is It Important?

Having adequate lower body strength and endurance is important as it helps us to carry out our day to day activities with ease.

	Men's Grade			Woman's Grade		
Age	Below Average	Average	Above Average	Below Average	Average	Above Average
20 - 24	≤ 40	41 - 57	≥ 58	≤ 38	39 - 55	≥ 56
25 - 29	≤ 39	40 - 56	≥ 57	≤ 39	40 -54	≥ 55
30 - 34	≤ 39	40 - 56	≥ 57	≤ 36	37 - 51	≥ 52
35 - 39	≤ 37	38 - 58	≥ 59	≤ 36	37 - 50	≥ 51
40 - 44	≤ 36	37 - 53	≥ 54	≤ 34	35 - 48	≥ 49
45 - 49	≤ 34	35 - 52	≥ 53	≤ 34	35 - 50	≥ 51
50 - 54	≤ 34	35 - 53	≥ 54	≤ 32	33 - 47	≥ 48
55 - 59	≤ 32	33 - 48	≥ 49	≤ 29	30 - 43	≥ 44
60 - 64	≤ 30	31 - 46	≥ 47	≤ 27	28 - 40	≥ 41
65 - 69	≤ 28	29 - 44	≥ 45	≤ 26	27 - 40	≥ 41
70 - 74	≤ 26	27 - 40	≥ 41	≤ 24	25 - 36	≥ 37
75 - 79	≤ 24	25 - 37	≥ 38	≤ 21	22 - 30	≥ 31



Measure up today!