



**“Mai tu liao!”
Start today!**

Useful tips for you

- 1 Look up**
to maintain stability...
steady pom pipi!
- 2 Don't hold your breath**
Exhale as you exert,
don't lun for nothing!
- 3 Slow & steady**
Perform exercises in a
controlled manner...
mai kan cheong!
- 4 Listen to your body**
Mai keh kiang, stop if you
feel unwell or any pain.
- 5 Mix it up**
with different exercises
each time... *pattern
zway kway badminton!*

An initiative by
**Sport
SINGAPORE**

In partnership with
**Tan Tock Seng
HOSPITAL**
National Healthcare Group

Connect with us

#betterbeatsperfect

activehealth.sg

ActiveHealthSG

ActiveHealthSG

Gov.sg-ActiveSG Circle



7 Exercises to get you started

1 SHOULDER PRESS

Targets your shoulder



Start with arms
out to the side.

Press arms
overhead while
maintaining a
straight back.

2 STANDING SAMURAI SLICE

Targets your core



Start with arms
straightened and
palms together above
your shoulders.

Rotate torso and
bring hands across
body to the
opposite side.

Repeat exercise on the opposite side.

3 HIGH KNEE WITH BICEP CURL

Targets your lower body
and arms



Start with feet
shoulder-width
apart.

Raise knee up towards
chest and bring fist of
opposite arm towards
the shoulder.

4 HIP ABDUCTION- ADDUCTION

Targets your lower body, arms and hips



Start with feet
shoulder-width apart.

Swing leg out
to the side.

Bring leg back
across the body.

Repeat exercise with the other leg.

5 LEG CURL

Targets your hamstrings



Start with feet
shoulder-width apart.

Bring heel
towards buttocks.

Repeat exercise with the other leg.

6 CALF RAISES WITH FINGER CRAWL

Targets your lower body and
motor coordination



Start in a standing
position with the
right arm
upstretched.

Raise heels and
tip-toe, reaching
up with the
upstretched arm.

7 SIT TO STAND

Targets your lower body



Start in a seated
position with arms
crossed.

Rise to a standing
position.

**Active
Health**



**Move Strong,
Be Balanced**

**ACTIVE HEALTH
FITNESS TRAIL**

Turn your void deck,
park and the fitness
corner into your
Active Health
Fitness Trail.

An initiative by
**Sport
SINGAPORE**

In partnership with
**Tan Tock Seng
HOSPITAL**
National Healthcare Group

Get moving on your ACTIVE HEALTH FITNESS TRAIL

Personalise your own Active Health Fitness Trail

1. Plan a route that connects your void deck to the nearest park and fitness corner.
2. Choose 2 - 3 exercises for each location and aim to complete all 7 exercises (refer to overleaf) at the end of your trail.
3. Complete your fitness trail at least twice a week.



Did you know strength exercises can:



Improve muscular strength for your day-to-day activities.



Improve balance and coordination, reducing the risk of falls.



Improve mental health to help you stay happy.



Build stronger bones for a stronger you.

YOUR ACTIVE HEALTH FITNESS TRAIL

Exercises you can do in your neighbourhood

- Choose 2 - 3 exercises to do for each location.
- Perform each exercise 10 - 15 times to complete 1 set.
- Complete 1 - 3 sets of each exercise.

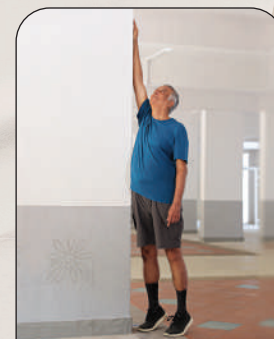


TIP: Look for benches and pillars for your exercises.

Perform 2 - 3 of the recommended exercises at the void deck.



7 SIT TO STAND



6 CALF RAISES WITH FINGER CRAWL



3 HIGH KNEE WITH BICEP CURL



**AT THE
PARK**

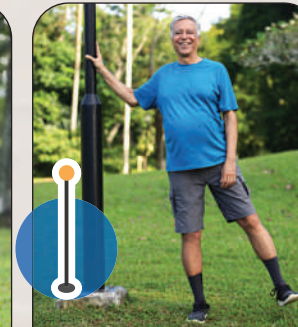
TIP: Find green spaces, lamp-posts or rest huts for your exercises.



2 STANDING SAMURAI SLICE



3 HIGH KNEE WITH BICEP CURL



4 HIP ABDUCTION-ADDUCTION



5 LEG CURL

! Remember to stretch before and after you embark on this trail!

Perform 2 - 3 of the recommended exercises at the fitness corner.



5 LEG CURL



6 CALF RAISES WITH FINGER CRAWL



1 SHOULDER PRESS

**AT THE
FITNESS CORNER**

TIP: Use the fitness equipment to support you in your exercises.



2 STANDING SAMURAI SLICE

**Active
Health**