

**TALKING POINTS FOR
MR ALEX YAM, MAYOR OF NORTH WEST DISTRICT,
FOR HEALTHY LIVING FESTIVAL @ NORTH WEST ON
SUNDAY, 2 JUNE 2024, 7.35AM AT YISHUN STADIUM**

Introduction

- A big welcome to all participants and guests gathered here today at the Healthy Living Festival @ North West.
- I am also delighted to have my parliamentary colleagues joining me today:

	Special Guests
1	Ms Sim Ann Senior Minister of State Ministry of Foreign Affairs and Ministry of National Development and Adviser to Holland-Bukit Timah GRC GROs
2	Assoc Prof Muhammad Faishal Ibrahim Minister of State Ministry of Home Affairs & Ministry of National Development Adviser to Nee Soon GRC GROs
3	Ms Carrie Tan North West CDC Vice-Chairman and Adviser to Nee Soon South GROs
4	Mr Derrick Goh Adviser to Nee Soon Link GROs

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Mandarin Soundbite

我代表西北社区发展理事会热烈欢迎大家参与今天的西北健康生活节。

今年的西北健康生活节有超过 30 项适合各个年龄层的体育和健康活动。大约有 3000 名来自我们 6 个健康生活俱乐部的居民，展示我们俱乐部内的强大粘聚力和友谊。我们今年也将 HIIT 引入了西北健身 X 的四项高强度锻炼之一，希望这个新项目能够鼓励更多的年轻居民参保持健康活跃生活，并加强西北区的凝聚力。

Healthy Living Festival @ North West

- North West CDC has organised an upsized Healthy Living Festival @ North West this year, after last year's positive feedback from residents on the fun experience and quality time spent with family and friends. Healthy Living Festival @ North West provides an opportunity for residents to come together and strengthen bonds, in line with North West CDC's efforts to build a cohesive and resilient community.

- This year, we have prepared an enhanced line-up of over 30 sports and wellness activities suitable for all ages. Around 3,000 of our residents from our 6 Healthy Living Clubs, including our Brisk Walkers here who are warming up for a morning walk, will also join us to showcase the strong friendship and camaraderie within our Clubs. We hope that this family spirit will encourage more residents to join us and be part of the biggest health network in Singapore.

Promoting Health and Wellness

- North West Brisk Walking Club is North West CDC's first and largest brisk walking community, showcasing our commitment towards promote health and wellness in the North West.
- North West Brisk Walking Club remains the most popular club, with almost 2,000 participants joining us for this morning's Brisk Walk. It is low intensity and easy to get started with just a pair of trainers.
- Staying active is important. From low to high intensity exercises, our North West Healthy Living Clubs offer a range of workouts for residents to keep fit through regular

exercises and building positive friendships with neighbours.

- Through our regular ground sensing, we saw a growing popularity in High-Intensity Interval Training (HIIT) among our younger residents. In response to that, we have introduced HIIT as one of the four high-intensity exercises in our North West FitnessX Club this year. We hope this new offering will encourage more residents to embrace an active lifestyle, strengthening our commitment to building a Healthy North West community.
- Recognising the importance of mental wellness, we have also introduced programmes and partnered with organisations like Mindline and Woodlands Health to provide resources and support for mental well-being.

Conclusion

- As we continue our journey towards a healthier community, North West CDC remains dedicated to supporting residents of all ages. We are committed to enhancing our clubs and programmes, such as digitalising the North West Brisk Walking Club's loyalty

programme, and developing more walking trails, to ensure accessibility and enjoyment for all.

- I encourage all everyone to take part in our Healthy Living programmes, to take greater ownership of your health today.
- I wish you an enjoyable and fun day ahead. Thank you.