



**HEALTHIER YOU. HEALTHIER SG.
NHG & THE COMMUNITY WALK, RUN, CYCLE A TOTAL OF
85,000KM TO KEEP FIT**



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For Immediate Release

In support of *Healthier SG* and encouragement for residents to keep active, the National Healthcare Group (NHG) has spearheaded the “**NHG22 WALK.RUN.CYCLE MOVEMENT**” to rally staff, partners and the community to get moving and stay healthy. Some 600 participants, comprising NHG Senior Management, healthcare workers, General Practitioners (GP) partners, community partners, patients, and the public stepped out at the Silver Garden/Leaf, Gardens by the Bay for the Movement’s finale event this morning in show of their commitment towards keeping fit and better health.

Launched on 5 August, the Movement started as a virtual challenge to commemorate NHG’s 22nd anniversary, where registered participants pledged to individually complete a 50km walk/run/cycle and clock in their distances over three months. More than 2,200 people registered for the virtual challenge, and together clocked a distance of more than 85,000km, or more than 500 times around Singapore island. Contributing to this milestone were organisations, including Razer, Grab, Disney and Cognizant, which partnered NHG to drive the Movement in their respective workplaces, and encouraged their employees to participate in the virtual challenge.

Today’s physical finale event, comprising 5km competitive runs and a 2km community walk, is a culmination of the virtual challenge. Senior Minister of State (SMS) for Health Dr Janil Puthuchery flagged off and led the 2km walk, joined by senior representatives from NHG, employees of partner organisations, and the community. The event marks another of NHG’s many collaborations to instil *Better Health for our Population*, aligned to its *River of Life* Framework for Population Health and *Healthier SG*. **Professor Philip Choo, Group CEO, NHG**, said, “Looking ahead, NHG is committed to move beyond illness care to wellness care, to better influence, coach and guide our communities of care to make informed lifestyle choices

and take charge of their own health. Working together with GPs, residents, and other care providers, I am confident we would be able to achieve a *Healthier SG* over time.”

Dr Raymond Leong, Medical Director of Clinical Affairs at the Tsao Foundation and a member of NHG’s Central-North Primary Care Network (CN-PCN), who participated in the 2km community walk said, "The Tsao Foundation’s long-standing partnership with NHG has enabled us to provide more integrated care for patients, care providers and the community. With the launch of *Healthier SG*, we believe that this continued partnership will help us to improve access to preventive health services and resources for our patients.”

TAKING STEPS TO PREVENTIVE HEALTH

Research has shown that regular physical activity offers several health benefits, including reducing the risk of chronic diseases such as diabetes, heart disease, stroke and obesity, and helps prevent and manage mental health conditions like depression and anxiety. To maintain good health, at least 150 to 300 minutes of moderate-intensity aerobic activity per week¹ is recommended. Brisk walking is an easy, low-impact activity that can be undertaken by almost everyone regardless of their fitness levels.

Razer is one of NHG’s event partners that is committed to preventive health. Ms Serene Toh, Associate Director and Regional HR Lead for Southeast Asia, Razer, said, "At Razer, keeping our employees healthy in a safe workplace environment remains a priority in our People & Culture practices. Partnering NHG on the “NHG22 WALK.RUN.CYCLE MOVEMENT” aligns with our strategic focus in promoting active living and good mental health, which have become increasingly critical in the workplace. I am heartened to see our colleagues commit to and surpassing their daily 10,000-step goal, clocking more than 2,000km for the Movement in the past three months!"

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¹ Singapore Physical Activity Guidelines (SPAG) by Sport Singapore (SportSG) and Health Promotion Board (HPB) (June 2022): <https://www.hpb.gov.sg/newsroom/article/singapore-s-physical-activity-guidelines-revised-to-tackle-sedentarism-and-promote-variation-in-physical-activity>

Event Partners



Event Sponsors



About National Healthcare Group

The National Healthcare Group (NHG) is a leader in public healthcare in Singapore, recognised at home and abroad for the quality of its medical expertise and facilities. Care is provided through an integrated network of seven primary care polyclinics, acute care and tertiary hospitals, national specialty centres and business divisions. Together they bring a rich legacy of medical expertise to our philosophy of integrated patient-centred care.

NHG's vision is "Adding Years of Healthy Life". This vision goes beyond merely healing the sick to the more difficult and infinitely more rewarding task of preventing illness and preserving health and quality of life. With some 22,000 staff, NHG aims to provide care that is patient-centric, accessible, seamless, comprehensive, appropriate and cost-effective.

As the Regional Health System (RHS) for Central-North Singapore, it is vital for NHG to partner and collaborate with stakeholders, community advisors, and voluntary welfare organisations. Together with our patients, their families and caregivers, we aim to deliver integrated healthcare services and programmes that help in Adding Years of Healthy Life to all concerned.

More information is available at www.nhg.com.sg.