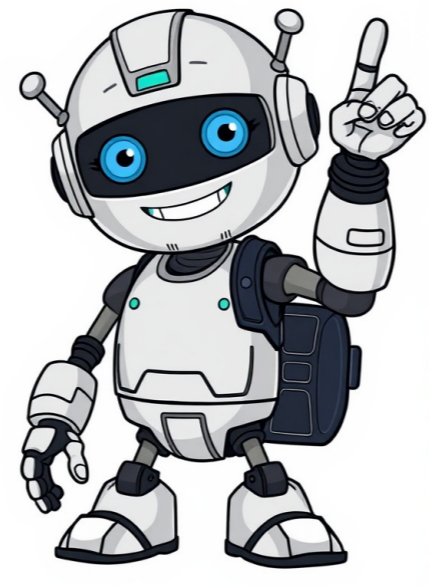


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© 2025 Ministry of Health Singapore. All rights reserved. Mental health goes hand in hand with physical fitness and they are interconnected. Regular exercise can not only improve your physical health but also help to elevate your mood. It is very important for you to pay attention to both your mental and physical health for a healthier you. Regular exercise can help you get rid of excess body fat. Your body burns calories as you exercise. The more you exercise, the more calories you burn! Exercise is helpful for maintaining a healthy weight. Physical activity improves blood flow to your heart, lungs and blood vessels. Your heart muscles get stronger with regular aerobic exercise. You may also realise that you have more energy to do the things you enjoy. In addition, regular physical activity keeps your bones and muscles strong. Activities such as resistance training work on the major muscle groups in your body, making them stronger and more resilient. Other activities, especially of weight-bearing nature (e.g., stairs-climbing, jogging), can also increase bone density which can help reduce your risk of osteoporosis. Physical activity can enhance your emotional and psychological well-being. Your body releases chemicals called endorphins when you exercise. Endorphins are "feel-good" chemicals that can uplift your mood, and even reduce feelings of stress, anxiety and depression. Regular physical activity can reduce the risk of:Coronary Heart DiseaseHigh blood pressureType-2 diabetesStrokeOsteoporosisEngaging in at least 150 to 300 minutes of moderate-intensity aerobic physical activity weekly can reduce your risks of developing chronic diseases and you get to enjoy a better quality of life. Incorporate exercises into your daily life through various physical activities. 30 minutes a day of physical activity, 5 times or more a week will do you wonders. Even if you are very busy, make time for it. Here is what you can do:Dance to your favourite songsWalk briskly at the parkWalk to workSkip the elevator and take the stairsCycle to the grocery storeDo effortful housework like moppingDo jumping jacks as you watch televisionCreate a regular workout routine for yourself. It can be jogging, swimming, or cycling. Try different types of exercises for variety and for the different health benefits. Exercising does not have to be a lonely activity. Get your friends to join you in some group sports, such as badminton, basketball or tennis. You can even pick up a new sport like inline skating. Let's get moving today! Don't miss out on the excellent health benefits that regular physical activity can bring you. Whether you're planning on jogging, swimming, rollerblading, rock climbing or playing football - it does not matter. Physical activity in any form can be fun!Gradually increase your workout intensity and remember to warm-up and cool-down to lower your risk of strains and injuries. Finally, resting is just as important as exercise! Make sure you get enough sleep so that you will be ready to tackle new challenges the next day! Download the HealthHub app on Google Play or Apple Store to access more health and wellness advice at your fingertips. Read these next: Fletcher, G. F., Balady, G., Blair, S. N., Blumenthal, J., Caspersen, C., Chaitman, B., Epstein, S., Froelicher, E. S., Froelicher, V. F., Pina, I. L., & Pollock, M. L. (1996). Statement on Exercise: Benefits and Recommendations for Physical Activity Programs for All Americans. *Circulation*, 94(4), 857-862. Retrieved June 2021 from [A health plan, co-developed with your child, to guide your child in making positive, impactful lifestyle choices. CONTRIBUTED BY Health Promotion Board Healthier SG is a national initiative by the Ministry of Health \(MOH\) that aims to help all Singaporeans take steps towards better health and quality of life in the years to come. Preventive care is key to living long and well. Healthier SG empowers you to stay healthy, detect and manage health issues early for a healthier you.Learn More Eligible residents will receive a SMS invite from MOH.Enrol in Healthier SG via HealthHub mobile app/ web portal or at participating Healthier SG GP Clinics/ enrolment stations.Choose your preferred Healthier SG-registered clinic.Book your 1st Healthier SG Health Plan consultation.Enrol now Measure your key vitals \(i.e., height, weight, blood pressure reading etc\) and assess your medical history at your enrolled Healthier SG clinic.Discuss health goals and co-develop a personalised Health Plan with your Healthier SG doctor \(e.g., recommended health screenings, vaccinations, lifestyle adjustments and, for those with chronic conditions, adherence to personalised targets and follow-up plan\).Schedule and manage your next check-in appointment on HealthHub. View your Healthier SG Health Plan and keep track of your health goals on HealthHub.Participate in recommended health programmes and activities via Healthy 365Follow-up at your enrolled clinic during your next Healthier SG Health Plan check-in.Discuss the progress and results of your health goals with your Healthier SG doctor. A Health Plan is a personalised plan developed by your Healthier SG enrolled doctor based on your state of health and in discussions with you. The purpose of a Health Plan is to guide you towards achieving your health goals or actions that are important for you to take for your long-term health. For those with chronic conditions, your Healthier SG doctor will play a crucial role in managing your care and setting targets for optimal control.Through a Health Plan, residents will be able to: Access your interactive Health Plan dashboard featuring a to-do list Review and book vaccination appointment directly with your Healthier SG clinic View actionable examples and resources on exercise and diet Keep track of your past Health Plan discussions, health goals and book your next check-in appointment Your Health Plan is a long-term record of your state of health and steps you could consider taking to maintain or improve your health. It is recommended that you have at least one annual check-in so that you and your doctor are updated on the next steps you should take to maintain or improve your health. The check-in with your clinic may be done in-person or over the phone, e.g., if you have no chronic conditions. For those with one or more chronic conditions, your doctor will recommend at least two visits in the year to better review and manage your condition.Your enrolled clinic will contact you to schedule your annual check-in. Caregiver\(s\) of the residents can help their eligible loved ones enrol in Healthier SG through HealthHub's Health Profiles.To do so, please ensure the following conditions:He/she has received the SMS invitation on Healthier SG from MOHYou have added him/her as your care recipient \(People under my care\) on HealthHubHe/she has enabled the 'Healthier SG' access for you in their 'Caregiver's Details' page on HealthHub\\*As Healthier SG is a new programme, your care recipient needs to first enable the 'Healthier SG' access in HealthHub before you can proceed to enrol on his/her behalf. \(For first-timers who are adding Health Profiles for their loved ones. Skip to Enabling Healthier SG Access if you have already added their Health Profiles.\)Watch this video to learn how you can add and manage your loved ones' Health Profiles on HealthHub. Login to HealthHub app using Singpass. Select 'Health Profiles' to view caregiver details. Click on 'Show' to view your caregivers and select the caregiver you wish to grant access for Healthier SG enrolment. Enable 'Healthier SG' access by swiping the button to right. Click on 'Proceed' to give consent to related health and medical records. Update to save settings to complete the process. Login to HealthHub app using Singpass. Select 'Health Profiles' to view caregiver details. Click on 'Show' to view your caregivers and select the caregiver you wish to grant access for Healthier SG enrolment. Enable 'Healthier SG' access by swiping the button to right. Click on 'Proceed' to give consent to related health and medical records. Update to save settings to complete the process. Tap the 'Healthier SG' banner to enrol your loved ones. Select the care recipient you wish to help enrol in Healthier SG. 'Not Enrolled' will be reflected if he/ she is eligible but has yet to enrol in Healthier SG.Click here to find out more on enrolment eligibility. Read and accept the Healthier SG Terms of Use. You can start enrolling your loved ones in Healthier SG by following the on-screen instructions. Tap the 'Healthier SG' banner to enrol your loved ones. Select the care recipient you wish to help enrol in Healthier SG. 'Not Enrolled' will be reflected if he/ she is eligible but has yet to enrol in Healthier SG. Click here to find out more on enrolment eligibility. Read and accept the Healthier SG Terms of Use. You can start enrolling your loved ones in Healthier SG by following the on-screen instructions. CONTRIBUTED BY Ministry of Health Just how much should you be sleeping every day? How to get a good night's sleep? If you think that sleep is just a period of inactivity, think again. Our nightly shut-eye allows our brains to consolidate our learning and memory so we can perform tasks better the next day\[1\]. When we have enough sleep, we are less likely to overeat and crave junk, and we make wiser food choices\[2\].If you've ever been sleep-deprived, you would have noticed your inability to concentrate, slow responses, impulsive decision-making\[ and even felt easily annoyed\[3\]. Not to forget those dark eye circles that refuse to budge.Perhaps sleeping in on the weekends could make you feel better, but what's lost is lost. Two days of better rest cannot compensate for a week's worth of impaired performance.Related: Sleep Well, Live Better Depending on your age, the optimal sleep duration varies. If you are above 18 years old, strive to get about 7 hours of sleep. See the recommended sleep duration for different age groups below\[4\]. Have a Short Nap for Some Energy BoosterTaking a short nap \(e.g. averaging 10 to 20-minutes\[5\]\) in the afternoon can help recharge your energy level and boost your daytime productivity. Make sure to time it right, taking a nap too close to bedtime can interrupt your nighttime sleep\[6\]. Wind down from the chaos of the day by calming your senses. Grab a book, take a warm bath, or listen to some soothing music. A consistent routine can signal your body to sleep at the same time daily\[9\]. The night mode function filters out blue light, which inhibits your brain from producing sleep-inducing hormones\[11\]. Dim or switch off the lights in your room - consider using blackout curtains or eye masks to help block out external lights. You can also consider using earplugs to remove noise distractions for better sleep. It's hard to sleep when your stomach is rumbling. Eat a couple of hours before sleep, or have a glass of milk before heading to bed. A big dinner may cause discomfort, keeping us wide awake\[12\]. Also, avoid satiating hunger pangs before bed with large meals\[1\]. Instead, have light and healthy snacks like low-fat yoghurt, a cup of milk\[13\], or a serving of fruit\[14\]. Avoid Caffeine or Alcohol At Night There's a reason why we drink coffee in the morning - it is a stimulant that promotes wakefulness\[15\]. While alcohol may make you drowsy, it impacts the quality of your sleep\[16\]. Avoid Using Electronics 1 Hour Before Bedtime\[17\] Using electronic devices \(such as your handphone\) before bedtime stimulates your mind, making it harder to fall asleep and stay asleep. Keep them away at least 1 hour before you go to bed. Keep receiving late-night messages from your friends? Try sharing these goodnight stickers to remind them to sleep as well as practise good sleep habits! Download these adorable stickers here. Visit MindSG for more tools to take care of your mental well-being. 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The Effects of Alcohol on Quality of Sleep. \*Korean Journal of Family Medicine\*, 36\(6\), 294-299. \[17\] He, J. W., Tu, Z. H., Xiao, L., Su, T., & Tang, Y. X. \(2020\). Effect of restricting bedtime mobile phone use on sleep, arousal, mood, and working memory: A randomized pilot trial. \*PLoS one\*, 15\(2\), e0228756. Download the HealthHub app on Google Play or Apple Store to access more health and wellness advice at your fingertips. Read these next: With normal ageing, elderly people become forgetful because of poor concentration. There are many causes for poor memory but forgetfulness is not equivalent to dementia. Most elderly people will say that their memory is not as good as previously and they may have trouble remembering where they left their house keys, but this does not mean that they have dementia.What is dementia? Dementia is the loss of intellectual abilities \(such as thinking, remembering and reasoning\) which interfere with a person's daily functioning. It is not a disease in itself, but rather a group of symptoms that may accompany certain diseases. Someone with dementia may have these symptoms: not only forget details but the entire event e.g. forgetting he had taken dinner when it was only an hour beforelose the ability to perform everyday tasks such as dressing, eating or bathingbecome restless and more irritablelose the ability to make decisionsgradually lose their sense of time and placeface difficulty when doing simple tasks like washing, eating and dressingbecome less communicative, more reclusiveuse their way around the familiar neighbourhood There is no definitive cure for dementia as the exact causes are unclear. However, it is possible to minimise some of the common dementia symptoms with medication. Therapies such as reality orientation and reminiscence also help to manage some of these dementia symptoms. The occupational therapists carry out activities of daily living training for the elderly to encourage independence in the community. Institute of Mental Health As the national platform for digital health, HealthHub provides evidence-based information contributed by trusted public healthcare institutions. HealthHub also offers seamless access to your personal and loved ones' healthcare transactions and records, enabling unified health journeys. HealthHub aspires to enhance the nation's digital health literacy and empower your health journeys with trusted, relevant, and personalised information. With this, you can take charge of your personal and loved ones' health while focusing on your well-being. Singpass Required Singpass Not Required](#)

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