

*Active
Health*

Active Health (Seniors)

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Physical Activity

Did You Know?

Only 44% of working seniors and 56% of retired seniors exercise 3 days or more in a week.

Habits you can adopt to be physically active



1

Take the stairs instead of the escalator or lift when possible (e.g. market)



2

Brisk walk for 10 mins to break up sedentary patterns

Benefits of keeping an active lifestyle

Improves Mood



Releases endorphins which can help manage stress and improve mental health

Increases Fitness Levels



Develop more agility & strength to keep up with the little ones

Source: Sport Singapore (2019)

Get Creative with your Workout!

Do Simple Exercises Using Your Household Items!



Laundry Basket Squats

1. Grab your laundry basket
2. Do 10 squats
3. Take out or add more laundry depending on your strength

Cleaning Lunges

1. Grab your mop
2. Do 10 forward lunges
3. Lunge deeper and further depending on your strength. Keep an upright body!



**Sign Up for Age Related Muscle Loss Package
at the Active Health Labs**

Embrace an active lifestyle today to enhance all aspects of your life.
Keep active to live better.

Let's Sweat It Out Together

Warm-up - Marching Soldier

1

- Increases heart rate
- Works on balance as one foot lifts off ground



Strength - Launch the Rocket

2

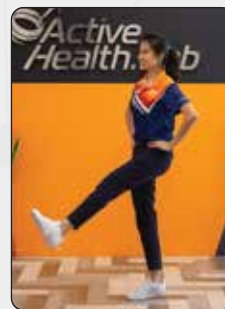
- Improves balance & stability of lower body
- Helps with picking up an object and reaching for shelf



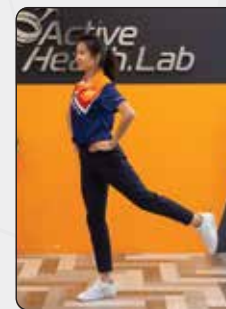
Balance - Leg Pendulum

3

- Strengthens lower body muscles
- Improves stability for walking or standing on one leg



To the Front



To the Back



To the Side

Let's Sweat It Out Together

Mobility - Cross the Drain

4

- Improves hip mobility
- Helps to perform reaching and bending activities



Cool Down - Spread your Wings

5

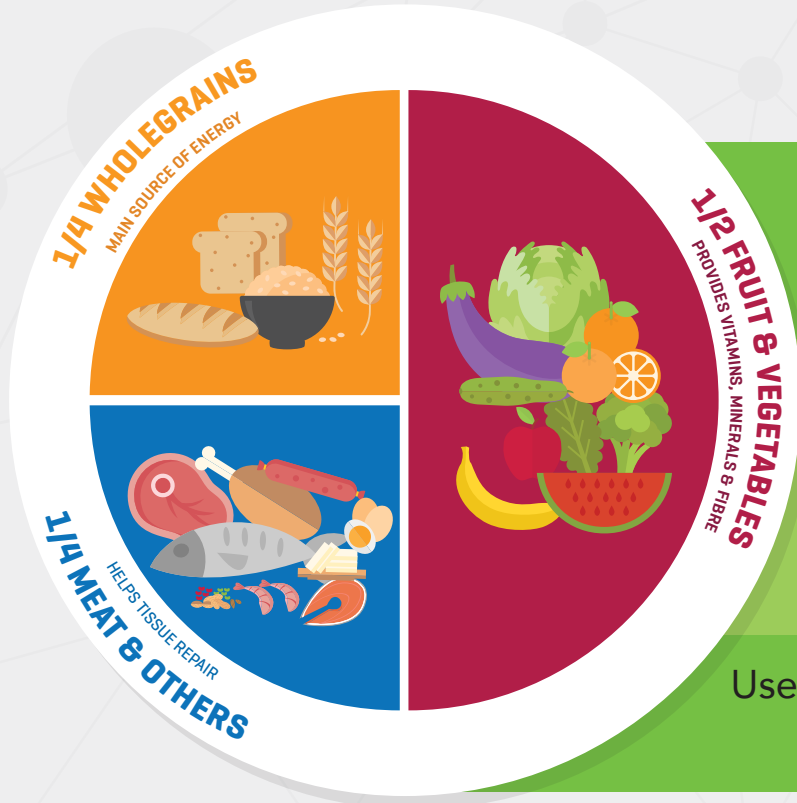
- Increases flexibility & range of motion in chest & shoulders
- Improves upper body posture



Nutrition

Did You Know?

Only 1 in 4 seniors consume sufficient vegetables and 1 in 4 seniors consume insufficient protein.



Additional Tips!

Use healthier oils such as soybean and canola oil when cooking



Choose water instead of sweetened beverages



Use healthier cooking methods such as steaming & boiling



Adapted from My Healthy Plate (2014), Health Promotion Board

Benefits of a Balanced Diet

Prevents Diseases



- ↓ **risk of** - Diabetes
- Heart diseases
- Hypertension
- Cancer

Improves Immunity



Essential nutrients from different food groups promote healthy functioning of immune system

Weight Maintenance



May help to keep food intake within recommended caloric limit

Source: National Nutrition Survey (2010), Health Promotion Board

You have the power to control your diet & make healthy choices.
Influence the people around you & get started today.

It's Tam Chiak Time

Noodle In Broth

6 Simple Ingredients to Whip Up a Nutritious Meal!



500ml vegetable stock



2 spring onions,
chopped



250g fresh
wholegrain noodles



½ tbsp of
light soya sauce



200g soft bean curd



8 dried shitake
mushrooms, soaked
in hot water

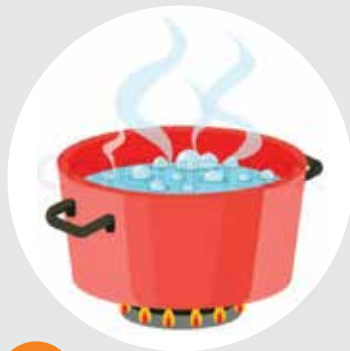
It's Tam Chiak Time

Noodle In Broth

Prep
10 mins

Cook
10 mins

Portion
Serves 2



1 Heat vegetable stock



2 Add these ingredients & cook for 3 Minutes



3 Add noodles & cook for 2 to 3 minutes



4 Garnish with lettuce (optional) & serve hot

Sleep & Screen Time

Did You Know?

Seniors are sleeping lesser and having poorer sleep quality than the average Singaporean adult who clocks 6.5 hours per night.

Habits you can adopt to get a good night's rest



1

Avoid caffeinated beverages after 2pm



2

Avoid screens at least 30 minutes before sleeping

Benefits of Having Sufficient Quality Sleep

Improves Mood



Keeps one energetic and motivated in the day!

Improves Mental Wellbeing



Strengthen working memory and decision-making processes.

Prevents Diseases



risk of - Diabetes
- Heart diseases
- Alzheimer's disease

Pay attention to the amount of quality sleep you are getting.
Take small and simple steps to achieve better sleep each night.

Stretch for 10, Sleep by 10

Stretch for 10 minutes before heading to bed

Calf Stretches

1. Place hands against wall
2. Place one foot in front of another
3. Keep back leg straight
4. Both feet flat on ground
5. Hold for 15 sec & repeat on other side

Do 3 times!

Right



Left



Neck Stretches

1. Sit upright
2. Hold left shoulder with right hand
3. Slowly tilt head away from left shoulder
4. Hold for 15 sec & repeat on other side

Do 3 times!

Sleep by 10pm

1. Head to bed 15 mins earlier
2. Work towards getting 7-8 hours each night
3. Wake up at consistent time every morning



Stress Management

Did You Know?

The most common stressors faced by seniors in Singapore includes isolation, lack of social support, loss of independence and financial instability.

Here's a few habits you can adopt to Stress Better!



1 Call a friend to catch up



2 Stretch throughout the day

Benefits of Stress Management

Better Sleep Quality



- Fall asleep faster
- Wake up less often through the night

Lowers Blood Pressure



Stress:

- Relaxes blood vessels
- Lowers blood pressure

Lessens Joint Pain



Stress:

- Lessens inflammation
- Improves mobility in joints

Feeling stressed? Take a deep breath and exhale slowly. You cannot control your external surroundings, but you can control how you handle the situations you are facing.

Old is Gold

Stretch it out once in a while!

Overhead Stretches

1. Stand in upright position
2. Clasp hands and raise above head
3. Turn palm to face ceiling

Hold stretch for 15 sec

Do 3 times!



Shoulder Rotations

1. Place hands on shoulders
2. Slowly rotate elbows in a forward circular motion for 15 sec
3. Change direction, move elbow backwards

Do 3 times!



Access more resources here!

Active Health Programmes



Active Masters Club Programmes



Exercises for Seniors



Recipes



Head down to the nearest Active Health Lab today!

Find Us!



- 1 Admiralty Medical Centre
- 2 Bishan Swimming Complex
- 3 Decathlon Singapore Lab
- 4 Heartbeat@Bedok
- 5 Jurong East Sport Centre
- 6 Our Tampines Hub
- 7 Sengkang Sport Centre
- 8 Woodlands Sport Centre
- 9 Canberra Lab **coming soon!**

Active
Health

活跃健康
(乐龄长者)

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运动

你知道吗?

只有44%的在职年长者和56%的退休年长者会在一周内至少运动三天。

培养良好习惯，保持活跃健康



1

避免使用电动扶梯或电梯，**尽量走楼梯**（如上巴刹时）



2

健走10分钟，以免久坐不动

保持活跃的好处

改善心情



激发大脑分泌内啡肽(endorphins)，
以缓解压力和促进心理健康

增强体能



让身体更灵活、体力更充沛，
以陪伴年幼小孩玩乐

发挥创意， 享受运动的乐趣！

善用家居物品做一些简单运动！



洗衣篮：深蹲

1. 抓住洗衣篮
2. 蹲下10次
3. 根据体力取出或增加衣物

拖把或无线吸尘器：跨步蹲

1. 拿起拖把或无线吸尘器
2. 向前跨步蹲10次
3. 根据体力向前跨得更远、蹲得更深。
要保持身体挺直！



到活跃健康体验中心报名“与年龄相关的肌肉流失”配套。

一起动起来

热身运动 – 原地踏步

1

- 提高心率
- 把一只脚抬高时，训练平衡感



体力 – 向上伸展

2

- 改善平衡感和下半身的稳定性
- 有助于提起物品和从高处拿东西



平衡感 – 摆动腿部

3

- 加强下半身的肌肉
- 走路或单脚站立时更稳定



向前摆动



向后摆动



向两侧摆动

一起动起来

活动能力 – 腿部拉伸

4

- 改善臀部的活动能力
- 有助于从高处拿东西和弯腰



缓和运动 – 展开双臂

5

- 加强胸部与双肩的灵活度和动作幅度
- 改善上半身的姿势



营养

你知道吗？

每四名年长者当中，只有一人摄取足够的蔬菜；
每四名年长者当中，就有一人没有摄取足够的蛋白质。



其他贴士！

烹饪时使用较健康的食油，
如大豆油和芥花油



多喝水，避免饮用加糖饮料



使用较健康的烹饪方式，
如蒸和水煮



Adapted from My Healthy Plate (2014),
Health Promotion Board

保持营养均衡的好处

预防疾病 降低患病风险



- ↓ 降低 - 糖尿病
- 心脏疾病
- 高血压
- 癌症

提高免疫力



不同食物种类的必要营养，
有助增强免疫系统功能的健康

维持体重



有助控制热量的摄入

Source: National Nutrition Survey (2010),
Health Promotion Board

你可以控制饮食和做出健康选择。
以身作则，始于今天。

食在好味

汤面

六种简单食材，
煮出营养的一餐！



500毫升蔬菜汤



2条青葱，切碎



250克新鲜全麦面条



½ 汤匙酱青



200克豆腐



8朵香菇，
用热水浸泡

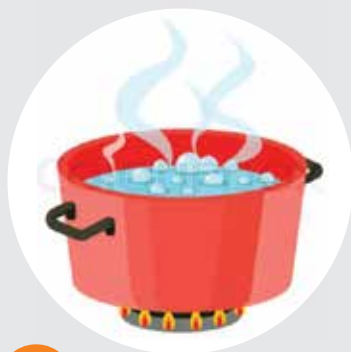
食在好味

汤面

准备
10分钟

烹煮
10分钟

分量
2人份



1 煮热蔬菜汤



2 加入食材，煮3分钟



3 加入面条，
煮2至3分钟



4 配上生菜(随意)，
即可趁热上桌

睡眠和看屏幕时间

你知道吗？

与每晚睡6.5个小时的新加坡成年人相比，年长者的睡眠时间较短，睡眠质量也比较差。

培养良好习惯，保持优质睡眠



1

下午2时后避免饮用含咖啡因的饮料



2

睡觉前至少30分钟避免看屏幕

保持充足和优质睡眠的好处

改善心情



一整天保持活力充沛！

改善心理健康



提升工作记忆
(对信息进行暂时加工和储存的记忆系统)和决策过程。

预防疾病



降低患病风险

- 糖尿病
- 心脏疾病
- 失智症

确保自己有充足的优质睡眠。
培养简单习惯，助你夜夜好眠。

每天晚上10时准时睡觉，睡前做10分钟伸展运动

睡前做10分钟伸展运动

小腿拉伸

1. 双手放在墙面
2. 一只脚靠近墙面
3. 另一只脚伸直
4. 双脚平放地面
5. 维持15秒，然后换另一只脚并重复以上动作

做三次！

右



左



肩颈拉伸

1. 坐直
2. 右手搭在左肩上
3. 慢慢把头移向右肩
4. 维持15秒，然后换另一只手并重复以上动作

做三次！

每天晚上10时准时睡觉

1. 提前15分钟上床
2. 每晚睡七到八个小时
3. 每天早上在同一时间起床



压力管理

你知道吗？

新加坡的年长者常面对的压力包括孤立、缺乏社会支援、无法独立生活及财务状况不稳定。

培养良好习惯，缓解生活压力！



1 打电话给朋友聊天



2 常做伸展运动

压力管理的好处

改善睡眠质量



- 快速入眠
- 晚上醒来的次数较少

降低血压



- ↓ 缓解压力：
- 放松血管
 - 降低血压

减少关节疼痛



- ↓ 缓解压力：
- 减少发炎
 - 改善关节的活动能力

你感到有压力吗？不妨深呼吸，然后慢慢吐气。
你无法控制周遭发生的事，但你可以控制自己如何应对。

度过快乐的黄金岁月

时不时做一做伸展运动！

手臂拉伸

1. 站直
2. 紧握双手，举过头顶
3. 手掌转向天花板
4. 维持15秒

做三次！



转动肩膀

1. 双手放在肩上
2. 慢慢向前转动手肘15秒
3. 转换方向，向后转动手肘

做三次！

扫描QR码，获取更多信息！

活跃健康计划



活跃壮年俱乐部



适合年长者的运动



食谱



欢迎前往邻近的活跃健康体验中心！

联系我们！

