

TARGETED PROGRAMME SIGN UP FORM

Consult our Exercise is Medicine®
Singapore – Certified Active Health Coaches
to manage your condition with exercise
through a safe and enjoyable programme!



Patient Name : _____

Recommended Programme (Please tick only 1):

- Manage Diabetes with Exercise Manage Hypertension with Exercise
 Manage Obesity with Exercise Manage Osteoarthritis with Exercise

Clearance for Activity:

- Patient is cleared to participate in light to moderate activities only
 Patient is cleared to participate in unrestricted activity

Healthcare Professional / Physician's Name:

Clinic : _____

Referral Date : _____

Special Precautions : _____
(if any)

Book your targeted programme before heading down to the Active Health Lab!



In partnership with



Book today
to **secure**
your spot!

MEET YOUR ACTIVE HEALTH COACH AT THE NEAREST LAB!



Active Health Labs

- 1 Heartbeat @ Bedok
- 2 Bishan Swimming Complex
- 3 Bukit Canberra
- 4 Decathlon Singapore Lab
- 5 Jurong East Sport Centre
- 6 Our Tampines Hub
- 7 Sengkang Sport Centre
- 8 Woodlands Sport Centre

Coming Soon

- 9 Delta Sport Complex
- 10 Punggol Regional Sports Centre
- 11 Jurong Hub
- 12 Toa Payoh Integrated Development

Check out our Active Health website for more details on programmes and labs.