

“Green Segment” – Self-Directed Programmes by HPB and SportSG

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
National Steps Challenge™ (HPB)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Self-directed physical activity programme, no fixed location or time, and ongoing throughout the year Suitable for maintaining low-risk BMI 	Free
Eat Drink Shop Healthy Challenge (HPB)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Self-directed programme to encourage purchase of healthier groceries, food and/or drinks, no fixed location or time, and ongoing throughout the year Suitable for maintaining low-risk BMI Suitable for maintaining low-risk BMI 	Free
GameOn Nila Trails / Campaigns (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Self-directed exploration of the trail on foot encourages Singaporeans to keep active while exploring Singapore; participants can sign up the challenge via ActiveSG mobile App, earn Active Points by clocking steps, then they can ballot for prizes with their Active Points. 	Free

“Green Segment” –Community-Based Programmes by HPB and SportSG (Single Session Per Booking)

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
MOVE IT Programmes (HPB) E.g. Quick HIIT, Mall Workouts, Sundays at the Park, Sunrise in the City	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Community-based physical activity programme held in malls, parks, workplaces, etc. Sessions available daily at various timeslots throughout the day, and ongoing throughout the year Facilitated by fitness instructor. Suitable for maintaining low-risk BMI 	Free
Active Health Discovery Walk in the Park (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Monthly walks conducted by Active Health Coaches, where residents can learn how to make use of environmental cues to incorporate these exercises and personalise their own Active Health Fitness Trail. 	Free for residents

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
Make Every Move Count Workshop (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> The workshop equips participants the knowledge to measure up and learn how incorporating a variety of movements through an Active Health 4Q model and interactive activities to improve their movement competency. 	Free for residents
Fitness & Health Assessment (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> The assessment session at Active Health Lab, with Active Health Coaches empowers participants to know more about their body composition, fitness and health performance, and help them discover how to achieve your fitness and health goals through a small group health coach dialogue. 	Prevailing charges apply
Functional Movement Screen (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> This screening helps participants take a proactive approach towards injury prevention and optimising physical performance. Conducted by FMS certified Active Health coaches to help participants understand their functional movement pattern better and learn how to incorporate corrective exercises and strategies to enhance their exercise plan or training programmes. 	Prevailing charges apply
Active Agers (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> 60 and above No referral required 	<ul style="list-style-type: none"> This workshop allows participants to experience the Modified Fundamental Movement Screen (FMS) to assess their movement pattern. This aims to help them kickstart your active ageing journey and learn the ABCs of exercise to improve movement competency. 	Prevailing charges apply
Move to Age Better (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> 60 and above No referral required 	<ul style="list-style-type: none"> This workshop helps participants better understand active ageing journey and learn the ABC's of exercises to improve strength, balance, cardio, mobility and flexibility for a better quality of daily life. 	Free for residents
Move Better Workshops - Balance and Muscular Fitness (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> This programme enables participants to perform specific exercises that improves balance, muscular strength, endurance and power. These components are essential in enabling us to live life to the fullest, even as we age. 	Prevailing charges apply

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
Move Better Workshops - Cardiovascular Fitness (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Building strong cardiovascular fitness can help lower one's risk of developing common chronic illnesses. Apart from popular aerobic exercises like jogging and swimming, learn to perform specific exercises to achieve similar benefits in cardiovascular fitness. 	Prevailing charges apply
Move Better Workshops - Mobility and Flexibility (SportSG)	Well	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Muscle aches and stiffness can result from long hours of sitting, or an eventful weekend of sports. Learn to perform specific exercises to stretch and relax those tired muscles using self-care techniques to improve your mobility and flexibility. 	Prevailing charges apply
Strong Muscles for Better Health (SportSG)	Well	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Muscles are essential in our overall body composition and vital for healthy ageing. Understand the importance of stronger muscles, debunk common exercise myths and how to manage muscle soreness when it happens. 	Prevailing charges apply
Exercise and Nutrition (SportSG)	Well	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Exercise and nutrition work hand in hand to help in weight management and optimal health. In this course, you will understand in depth the concept of Energy Balance. In addition, we will cover how pre- and post-exercise nutrition can help in performance and recovery. 	Prevailing charges apply
Basics of Meal Planning (SportSG)	Well	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Learn practical tips to plan our next grocery trip to help us build a well-balanced healthy plate. 	Prevailing charges apply
Submaximal Aerobic Wattbike Fitness Assessment (SportSG)	Well	<ul style="list-style-type: none"> At least 150cm in height. Not suitable for existing chronic medical conditions (Diabetes, Heart Diseases, Metabolic Syndromes etc.) 	<ul style="list-style-type: none"> This session helps participant assess their aerobic fitness level through an incremental wattbike assessment. 	Prevailing charges apply

“Green Segment” – List of Mainstream Community-Based, Non-Medical Programmes Relevant for Weight Management (Multiple Sessions Per Booking)

Programme	Target group	Referral Criteria	Programme Description	Rates/ Subsidies
ActiveSG Centre Based Sports Programme Suite (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> BMI 18-37.4 No referral required 	<ul style="list-style-type: none"> Inclusive of Programmes in Fitness/Dance Studios, Gyms, Sports Halls, Stadium, Pool, DUS facilities, Sport in the Precincts, etc) at ActiveSG's island-wide facilities - such as learn to play programmes, interest groups, School Holiday Programmes, competitions & leagues, etc. 	Prevailing charges apply
Stronger at 40 (SportSG)	Well & Pre-DM	<ul style="list-style-type: none"> No referral required 	<ul style="list-style-type: none"> Programme targeted at individuals aged 40-59 years to combat age-related issues such as declining muscle mass through strength training and improvements to day-to-day activities. The programme helps to build confidence in strength training and will involve bodyweight and common gym equipment, coached in a social setting. 	Prevailing charges apply
Combat Age-Related Loss of Muscle (CALM) (SportSG)	Well & Pre-DM At risk of sarcopenia	<ul style="list-style-type: none"> 60 and above No referral required 	<ul style="list-style-type: none"> This programme helps participants understand better how to combat age-related loss of muscle. The 8-week blended programme encompasses assessments and review, weekly strength exercise session using resistance band, and educational sessions on how to improve by moving better, eating better and resting better. 	Prevailing charges apply