

Singapore Government

PRESS RELEASE

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(Embargoed until delivery)

SPEECH BY MR ZAINUL ABIDIN RASHEED, SENIOR PARLIAMENTARY SECRETARY FOR FOREIGN AFFAIRS AND MEMBER OF PARLIAMENT FOR CHENG SAN GRC AT THE OFFICIAL OPENING OF YIO CHU KANG SPORTS AND FITNESS CENTRE CUM ANG MO KIO-CHENG SAN DISTRICT FAMILY SPORTS CARNIVAL ON SUNDAY, 4 APRIL 1999 AT 8.30 AM

Good Morning

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Mr Heng Chi ang Meng

Chairman of Ang Mo Kio-Cheng San Community Development Council and Member of Parliament for Cheng San GRC

Mr Ng Ser Mi ang, Chairman of Singapore Sports Council

Community Leaders and Friends

Ladies and Gentlemen

It is my pleasure and honour to join you here this morning, on the occasion of the Official Opening of the Yio Chu Kang Sports and Fitness Centre cum Ang Mo Kio-Cheng San Family Sports Carnival. This event is jointly organised by Ang Mo Kio-Cheng San CDC and the Singapore Sports Council.

Since the launch of Sports For Life by Prime Minister Goh Chok Tong in September 1996, the Singapore Sports Council has been setting up Regional Sports and Fitness Centres such as this, to serve the sports and recreational needs of Singaporeans.

Allow me here to commend Mr Ng and the SSC for the pace and spirit with which they go about fulfilling this laudable goal. Six such centres are now in operation, a no mean feat. This SSC zeal, I am sure, would all the more be forthcoming if and when it is matched with active response from the public.

This is where Grassroots Organisations must play their part. I would like to take this opportunity to call upon GROs to play an active supporting role. Be proactive and creative to gain more synergy from this healthy partnership with the SSC.

Similarly, employers and companies who are now looked upon to make a success of Sports for Life Employee Fitness Programme must not underestimate their role. Join hands in making this a prime success.

This Yio Chu Kang Centre will serve the residents in the Ang Mo Kio and Cheng San GRCs which comprise 10 Divisions, namely Teck Ghee, Ang Mo Kio, Yio Chu Kang, Kebun Baru, Nee Soon South, Cheng San, Jalan Kayu, Punggol Central, Punggol South and Punggol East. The Centre is conveniently located within walking distance of the Yio Chu Kang MRT station and both residents and Singaporeans working in these areas, can look forward to using and enjoying good quality facilities at their doorsteps, at affordable rates.

The Yio Chu Kang Centre, following renovation works, now has a beautiful swimming complex and a multiple sports complex comprising an indoor sports hall, aerobics studio and a ClubFITT gymnasium. Tennis and squash facilities have also been added.

Many people associate sports and exercise with hard work and boredom and therefore refrain from taking part in any sports activities. I am glad that the SSC's Sports For Life programme aims to change such negative perceptions. Sports For Life encourages all Singaporeans, especially elderly citizens, housewives and working adults to take up at least one sport and play it for lifetime enjoyment. The staff at the Centre will provide that 'personal touch' to help you choose a sport or activity to suit your preference.

With the launch of the Sports For Life Employee Fitness Programme by our Prime Minister in October last year, companies can also approach the Centres to seek advice on the setting up of fitness programmes at the workplace. Companies can also

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vie for the SSC's Sports ACE Awards or Sports Awards for Corporations and Employees, in recognition of the company or employees' efforts in promoting fitness at the workplace. After all, a healthy worker is a competitive worker. That is part of the challenge for our workers and employers today. And the SSC is all geared to help make that a working partnership.

In conclusion, I would like to urge all the residents and workers in Ang Mo Kio-Cheng San CDC District to make full use of the facilities and programmes available so that you can enjoy the benefits of a healthy lifestyle. It is never too late to learn a new sport and be part of this exciting healthy lifestyle movement.

I now have the pleasure to declare the Yio Chu Kang Sports and Fitness Centre open.

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