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cc: (bcc: NHB NASReg/NHB/SINGOV)  
Subject: (EMBARGOED) Speech by RAdm Teo Chee Hean, 19 Mar 2000, 8.30am

# *Singapore Government*

## **PRESS RELEASE**

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**SPEECH BY RADM TEO CHEE HEAN, MINISTER FOR EDUCATION  
AND SECOND MINISTER FOR DEFENCE AT THE MINISTRY OF  
EDUCATION HEALTHY LIFESTYLE CUM FAMILY DAY ON SUNDAY  
19 MARCH 2000 AT 8.30 AM AT SENTOSA.**

Ladies and Gentlemen,

Good morning

# National Archives of Singapore

1 I am delighted to be here this morning to join you for the MOE Healthy Lifestyle cum Family Day. It is indeed refreshing to start the day with some form of physical activity. Exercise is necessary for people of all ages. It ensures fitness for daily activities and helps maintain good health. Hence, it is good for our physical and mental well-being.

2 This is the first time MERC is organizing the Healthy Lifestyle Day together with the Family Day. It is very heartening to see so many of you here with your family members. Your presence here endorses your commitment to a healthy lifestyle for yourself and your family. Exercising alone brings many benefits. This is multiplied when the whole family exercises together as it also strengthens family bonds. A slogan to drive home this message may be “A family that plays together, stays together!”

3 In 1999, 5346 teachers and HQ staff participated in the Sports for Life Walk, a programme launched at last year’s MOE Healthy Lifestyle Day. Of those who participated in the test, only 21% attained an award while the majority did not have any awards. It does indicate that we can do more to promote fitness programmes in our schools and HQ.

4 With the introduction of the MOE Active Day launched last May, activities such as brisk-walking, aerobics, tennis, fencing, soccer, netball and taichi were conducted once a week at MOE, Grange Road. The initial response was encouraging, however, the participation rate has since dwindled over the months. The challenge now, is to think of strategies to sustain the participation level of these meaningful activities. I am sure that with some innovative ideas, we can attract more to participate.

5 We will be shifting to the new MOE building at Buona Vista some time later this year. I am confident that you will make good use of the facilities provided there. The MERC clubhouse will be fully equipped with a dance studio, a fitness gymnasium and a games room. Full-time professionals will be engaged to design

and run health programmes for you. I hope these facilities will be an attraction to motivate you to keep fit.

6 Finally, I would like to extend my appreciation to the organizers, the PS 21 Staff Wellbeing Functional Committee and the MERC for organizing this special event. A host of exciting activities are ahead for you and your families today. I wish you all an enjoyable day.

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