



PRESS RELEASE

EMBARGOED TILL SUNDAY, 7 APRIL 2019, 9.15AM

CENTRAL SINGAPORE CDC'S WALK FOR GOOD LAUNCHES NATURE AND HERITAGE WALKS FOR 2019

SINGAPORE, 7 APRIL 2019 – Close to 3,000 **Walk for Good** club members from the Central Singapore district will be at the Singapore Zoo on Sunday, 7 April to kick-start a series of nature and heritage walks for 2019. The series is in conjunction with the commemoration of Singapore's Bicentennial for members to learn more about Singapore's history and nature.

With this series of walks, senior residents are encouraged to stay **curious** – learn as they walk and develop an inquisitive mind; stay **connected** – build meaningful relationships with fellow members for community support; and **contribute** – share what they have learnt with their family and friends, and encourage them to participate in future walks.

Members will receive a *Do you know?* trivia sheet before they begin the curated 2-kilometre route along the Singapore Zoo. The trivia sheet consists of questions which members can find answers to as they complete the walk. Members can also look forward to subsequent walks at Sungei Buloh Wetland reserve, Gardens by the Bay, as well the Tan Tock Seng Heritage Walk to name a few. (Refer **Annex C** for full list of nature and heritage walks for 2019)

“**Walk for Good** is one of our signature offerings to promote healthy living amongst our senior residents. In addition to physical wellness and social emotional wellness, lifelong learning is also another important aspect of the Better life. Therefore, we want to take our walks a step further by adding the element of learning. Central Singapore CDC strongly believes that everyone can be a lifelong learner, and we want to help our residents achieve that. I urge everyone to join us in walking towards a healthier lifelong-learning society,” said Ms Denise Phua, Mayor of Central Singapore district.

Formerly known as the Healthy Lifestyle Clubs, **Walk for Good** began more than 10 years ago to build a community of residents in the Central Singapore district who adopt walking or other physical activities, and gather regularly and sustainably to keep fit. With two key features of the programme, Central Singapore CDC organises up to 10 monthly walks each year for its clubs, and provides support for clubs to organise more walks or other physical activities under the Walk for Good Club Fund. As of March 2019, **Walk for Good** consists of 46 clubs.

Interested participants may form a Walk for Good club of at least 15 residents in the same division, and contact Fu Zhong at pa_centralsingapore@pa.gov.sg

END

Encl. –

Annex A: Media Programme

Annex B: Walk for Good Fact Sheet

Annex C: List of Upcoming Walks in 2019

Your journalist and photographer/videographer are warmly invited to join us for ‘Walk for Good.’
Details are as follows:

Special Edition Walk for Good Monthly Walk @ Singapore Zoo

Date: 7 April 2019, Sunday

Time: 7.45am – 9.15am

**Venue: Singapore Zoo
80 Mandai Lake Rd
Singapore 729826**

To RSVP and for media enquiries, please contact:

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About Central Singapore Community Development Council

Lying at the heart of Singapore, the Central Singapore Community Development Council (CDC) serves close to one million residents living in Ang Mo Kio, Bishan-Toa Payoh, Jalan Besar and Tanjong Pagar Group Representation Constituencies (GRCs), and Radin Mas, Potong Pasir, and Sengkang West Single Member Constituencies (SMCs). The CDC envisions a self-reliant, vibrant and inclusive Central Singapore District. It works in close partnership with schools, voluntary welfare organisations (VWOs), grassroots organisations (GROs), government and commercial agencies to fulfil its mission of assisting the needy, bonding the people and connecting the community.

ANNEX A**MEDIA PROGRAMME**

Time		Programme
7:45 AM	-	Arrival of Media
8:00 AM	-	Arrival of Ms Denise Phua, Mayor of Central Singapore District
8:15 AM	-	Commencement of Warm-Up exercise [Photo Opportunity]
8:20 AM	-	Welcome address by Mayor Denise Phua
8:25 AM	-	Mass Photo-taking with all participants [Photo Opportunity]
8:30 AM	-	Flag-Off: 2km Walk [Photo Opportunity]
9:15 AM	-	Media may choose to take their leave

ANNEX B

WALK FOR GOOD FACTSHEET

1. Why Walk for Good?

Walk for Good aims to build a community of walking enthusiasts and to inculcate active and healthy lifestyle habits for residents.

CS CDC hopes to achieve 2 key outcomes through Walk For Good. They are as follows:

- (a) Improvement in general health of residents where members remain active through their regular physical activities; and
- (b) Build a Sense of Belonging in the community where members stick together and support one another to adopt a healthier lifestyle.

2. Who is Walk for Good for?

Walk for Good is primarily targeted at residents of Central Singapore District. The programme may also reach out to non-residents whom the divisions engage.

3. What can participants expect from Walk for Good 2019?

Walk for Good Clubs are formed by GROs and each grassroots division can have more than one club.

- Each club will need to have a minimum of 15 members.
- Each club will be eligible for annual grant for their own healthy lifestyle activities. The annual grant includes transportation reimbursement of up to \$150/bus and refreshment reimbursement of up to \$2/pax for each walk, up to a total of 10 walk or similar physical activities. Other items apart from transportation and refreshment may be supported.
- For the Monthly Walk for Good sessions, CS CDC supports the Walk for Good Clubs with transportation reimbursement of up to \$150/bus. Light refreshment such as bread, fruit and water are provided at each walk.

ANNEX C

LIST OF UPCOMING WALKS IN 2019

(Subjected to changes)

<p>April Singapore Zoo Walk</p>	<p>May Gardens by the Bay</p>	<p>June Tan Tock Seng Heritage Walk</p>	<p>July Admiralty Park</p>
<p>August <i>(No Walk due to National Day)</i></p>	<p>September Gardens by the Bay (Lantern Festival)</p>	<p>October Sungei Buloh Wetland Reserve</p>	<p>November East Coast Park</p>
<p>December Bukit Batok Nature Park</p>			