

EMBARGOED UNTIL 6 JUN, 8AM



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MEDIA ADVISORY ♦♦ MEDIA ADVISORY ♦♦ MEDIA ADVISORY ♦♦ MEDIA ADVISORY

2 June 2026

To News Editor

HEALTHY LIVING FESTIVAL @ NORTH WEST – A FITNESS FESTIVAL FOR EVERY GENERATION

New parent-child fitness challenges bringing families together for a unique bonding experience at one of the largest community sports festival

The **Healthy Living Festival @ North West** returns over the first weekend of the June holidays, expecting to welcome around 6,000 residents to Choa Chu Kang Stadium from 6 to 7 June 2026. Organised by North West Community Development Council (CDC), the free-to-enter festival brings together residents of all ages for an expanded line-up of sports, wellness activities, and lifestyle experiences. Over 2,000 residents from the North West Brisk Walking Club (BWC) will gather at the stadium for a memorable mass walk alongside fellow BWC members. The event underscores the CDC's commitment to promoting holistic wellness and strengthening community bonds, towards building a Caring and Healthy North West community. (See [Annex A](#) for media programme)

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2 Adding to the excitement of Day 1, football fans will have the chance to meet some of Singapore's most beloved footballers at the Healthy Living Festival on 6 June. Fandi Ahmad, Malik Awab and Nazri Nasir will be joining the festivities, bringing their star power and passion for an active lifestyle to the event. Residents will have the opportunity to meet these icons up close and get inspired to lead a healthier, more active life. Media are welcome to cover Day 1 activities. (See [Annex C](#) for full schedule of Day 1 and Day 2)

3 On Day 2 (7 June), the festival will be graced by Guest-of-Honour, **Mr K. Shanmugam**, Coordinating Minister for National Security and Minister for Home Affairs, and Adviser to Nee Soon GRC GROs, alongside Host, **Mr Alex Yam**, Mayor of the North West District, this year's festival offers something for residents of every age and interest. Mat Pilates and spin classes will draw in younger residents, while high-energy crowd favourites such as KPop Fitness and Zumba will keep the atmosphere buzzing throughout the weekend. Sports try-outs will cater for children, youth, and adults, and those with a competitive streak can push their limits on leaderboard challenges including access to popular gym equipment such as vertical jump, SkiErg, wall ball, rower, and more.

4 On bringing families together for the festival, **Mr Alex Yam, Mayor of North West District**, shared: "It is heartwarming to see so many families coming out together to participate in activities like NW Fit-Fam 4. These are precious moments of bonding that bring parents and children closer together — and it is exactly the kind of shared experience we hope to create more of. In a world where screens compete for our attention, it is wonderful to see families putting down their phones and being present with one another."

5 New to this year's festival is the NW Fit-Fam 4, a parent-child fitness challenge inspired by the global trend of combining hybrid racing with functional fitness. The challenge puts a community spin on a format that has taken the fitness world by storm – reimagined for families and built around connection rather than competition. Parent-child pairs will

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work their way through alternating running segments and functional workout stations, namely farmers carry, SkiErg, wall ball, and rower. Mirroring the run-and workout structure that has captivated fitness enthusiast worldwide, yet unlike its more intense counterparts, NW Fit-Fam 4 requires no prior training and welcomes participants of all fitness levels, placing the emphasis firmly on shared experience rather than athletic performance. The challenge is expected to be one of the most exciting highlights of the weekend, capturing the festival's broader vision of using sports as a means of connection across generations.

6 The festival will also host a full slate of competitions across both days, giving residents the chance to enjoy their favourite sports through friendly competition. Competitions include the Kids Soccer Competition, Basketball Competition, Badminton Competition, and the Ah Boy & Ah Girl Dash — offering options for participants of all ages to get in on the action. North West CDC works with a range of community partners to bring this diverse programming to life, reflecting the festival's commitment to keeping residents of all ages active and engaged (See [Annex B](#) for event poster).

7 The Healthy Living Festival @ North West is open to all, welcoming attendees beyond the North West District. Those keen to continue their wellness journey can register their interest in joining a North West Healthy Living Club at <https://go.gov.sg/hlclub-interestform>.

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Media Invitation

Media is invited to **Healthy Living Festival @ North West** at Choa Chu Kang Stadium on 7 June 2026. Interview opportunities with Mayor, participants and other stakeholders can be arranged on request. See below for details of the media event.

Media Programme at Healthy Living Festival @ North West

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Date: Sunday, 7 June 2026
Media Arrival: 7.00am
Venue: Choa Chu Kang Stadium
1 Choa Chu Kang Street 53
Singapore 689236

Contact Person for Media

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Enclosed:

1. Annex A – Media Programme
2. Annex B – Event Poster (separately enclosed)
3. Annex C – Full Programme for Day 1 and Day 2 (separately enclosed)
2. Annex D – Translated Terms
3. Annex E – Media FAQs (separately enclosed)
- 4.

[About North West Community Development Council \(CDC\)](#)

The North West District comprises Marsiling-Yew Tee GRC, Nee Soon GRC, Sembawang GRC, Holland-Bukit Timah GRC, and Bukit Panjang SMC.

The Community Development Councils (CDCs) were established to build a tightly knit, compassionate and self-reliant community. North West CDC works closely with various community and corporate partners to strengthen Singapore's social fabric; and encourages the more able and successful to

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come forward to help the less successful, and to foster greater sense of community ownership and self-help among the residents.

We develop cohesive and resilient communities, through growing networks, promoting volunteerism, fostering collaboration, cultivating social innovation.

Mission

(a) Aggregator of Needs and Resources

To help the less fortunate through local assistance programmes

(b) Builder of Capabilities and Capacities

To bond the community through projects & programmes to bring them closer to one another

(c) Connector of Communities

To develop strategic partnerships with corporate and community partners to better serve our residents

Five Communities

i. Caring Communities

Encourage a giving culture and uplift the lives of residents through social support programmes and networks

ii. Healthy Communities

Promote healthy lifestyle, encourage residents to bond and take charge of their own health

iii. Inclusive Communities

Strengthen social fabric by embracing and involving different segments of society

iv. Learning Communities

Promote lifelong learning mindset for personal and professional development

v. Sustainable Communities

Cultivate an eco-friendly lifestyle and building a green environment for our future generations

Annex A

Healthy Living Festival @ North West

**Sunday, 7 June 2026 at
Choa Chu Kang Stadium
1 Choa Chu Kang Street 53, Singapore 689236**

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MEDIA PROGRAMME

Time	Programme
7.00am	Media Arrival
7.30am	Welcome Address by Mayor and Special Guests
7.40am	North West Health Qigong Warm-Up
7.55am	Address by GOH, Minister K Shanmugam
8.05am	Flag-off for Mass Brisk Walk by Mayor, GOH and Special Guests
8.20am	Tour of Activities Booths
9.50am	Media Doorstop (on request)
10.15am	End of Programme

Event Poster

HEALTHY LIVING FESTIVAL
@ NORTH WEST

6 June 2026 - 9am to 9pm
 7 June 2026 - 8am to 12pm

Choa Chu Kang Stadium

FREE ADMISSION

Free shuttle bus from Yew Tee MRT, Exit C
 6 June, 9am to 9.30pm
 7 June, 8am to 12pm

COMPETITIONS - KIDS SOCCER
 BADMINTON, BASKETBALL

LEADERBOARD CHALLENGES
 SPORTS TRY-OUTS

FAMILY CARNIVAL
 PARENT-CHILD TELEMATCH

LIVE PERFORMANCE
 KPOP & ZUMBA NIGHT!

Scan QR Code for more info!

<https://go.gov.sg/hlf-northwest>

Organised by:



Supported by:



Full Programme for Day 1 and Day 2

DAY 1 (6 JUNE) 9AM – 9PM		DAY 2 (7 JUNE) 8AM – 12PM	
7.00am – 9.30am	Community Run (5km & 10km) and Running Workshop	7.30am – 9.00am	North West Brisk Walking North West Health Qigong
9.00am – 3.00pm	Kids Soccer Competition <i>Fandi Ahmad, Malik Awab, and Nazri Nasir will be present to interact with participants.</i>	8.30am – 5.00pm	Badminton Competition
9.00am – 5.00pm	Basketball Competition	9.00am – 9.45am	Spin Class Session 1
9.30am – 11.30am	NW Fit-Fam 4 (Parent-Child Telematch) Session 1 <i>Farmers Carry • SkiErg • Wall Ball • Rower</i>	12.00pm – 12.45pm	Spin Class Session 2
2.00pm – 4.00pm	NW Fit-Fam 4 (Parent-Child Telematch) Session 2 <i>Farmers Carry • SkiErg • Wall Ball • Rower</i>	9.30am – 10.30am	Ah Boy & Ah Girl Dash
9.30am – 10.30am	Ah Boy & Ah Girl Dash Session 1	9.30am – 11.30am	NW Fit-Fam 4 (Parent-Child Telematch) <i>Farmers Carry • SkiErg • Wall Ball • Rower</i>
4.00pm – 5.00pm	Ah Boy & Ah Girl Dash Session 2	10.15am – 11.30am	Sports Try-Out (Spin)
10.00am – 12.00pm	North West Dance-Fit by Master Eileen Hoe		
2.00pm – 3.00pm	Mat Pilates Session 1		
3.30pm – 4.30pm	Mat Pilates Session 2		
5.00pm – 6.00pm	Boxing Fitness Workout by Spartans Boxing Club		
6.00pm – 9.00pm	North West FitnessX ★ Zumba Night! with Instructor Ray ★ KPOP with Instructor Shirley		
7.00pm – 9.00pm	Live Performance		

**ALL DAY ACTIVITIES
(6 AND 7 JUNE)**

SPORTS TRY-OUT

- | | | |
|------------|-------------------------------------|---------------------------|
| SkiErg* | Hold-It-Up Challenge (Adult/Child)* | Golf Simulation |
| Wall Ball* | Vertical Jump* | Basketball |
| Rower* | Frisbee Golf | Tyre Flip (Adult/Child) |
| Dead Hang* | Pickleball | Battle Rope (Adult/Child) |
| Pull-Up* | Tchoukball | Farmers Carry |
| Push-Up* | Floorball | SMART-FIT Reaction |
| | | Hand Grip Strength |

**Leaderboard Challenges*

PHYSICAL ACTIVITIES

- Floor is Lava
- ActiveSG Kampung Games
- Punch Challenge
- Hammer Smash
- Light Agility Training System

CARNIVAL GAMES

- High Score Roller
- Lobster Pot
- Rebound
- Hook-A-Duck
- Pyramid Smash
- Ring Toss

FOOD & DRINKS STALLS

PHOTOBOOTH

Translated Terms

North West Community Development Council (CDC)	西北社区发展理事会 / 西北社理会
Healthy Living Festival @ North West	西北健康生活节
North West District	西北区
Mr Alex Yam Mayor of North West District Adviser to Yew Tee GRC GROs	任梓銘先生 西北区市长 油池基层组织顾问
Aggregator of Needs and Resources	顺应需求，汇集整合资源
Builder of Capability in Partners and Networks	提升能力，扩大网络
Connector of Communities	加强联系，造福社群
Grassroots Organisations	基层组织