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To News Editor

**CARNIVAL FUN FOR 18,000 PARTICIPANTS AT 3RD EDITION OF HEALTHY
LIVING FESTIVAL @ NORTH WEST**

*Annual sports carnival elevated in SG60 through new line-up of lifestyle
and wellness activities for everyone*

The **Healthy Living Festival @ North West** has returned bigger and better over the first weekend of the June school holidays, drawing around **18,000 residents** who participated in a variety of health and wellness activities at the iconic **Singapore Turf Club** (STC) from 30 May to 1 June, and joined the SG60 Healthier Together Movement throughout May. On 1 June, over 2,000 residents from the North West Brisk Walking Club (BWC) gathered at the race course at STC, coming together for a memorable and novel walk together with their fellow BWC members from their local Division. Organised by the North West Community Development Council (CDC), this year's festival was specially enhanced to commemorate SG60, offering a refreshed line-up of engaging activities and curated experiences for residents of all ages. The event

underscored the CDC's commitment to promoting holistic wellness and strengthening community bonds, towards building a Caring and Healthy North West community.

2 The event was hosted by the **Mayor of the North West District, Mr Alex Yam**, who was joined by several Grassroots Advisers (GRAs) of the North West District attending as Special Guests. They included **Mr Ong Ye Kung**, Coordinating Minister for Social Policies and Minister for Health, and Adviser to Sembawang GRC GROs, **Ms Goh Hanyan**, Senior Parliamentary Secretary for Culture, Community and Youth, and Sustainability and the Environment, and Adviser to Nee Soon GRC GROs, **Dr Syed Harun Alhabsyi**, Adviser to Nee Soon GRC GROs, **Ms Lee Hui Ying**, Adviser to Nee Soon GRC GROs, **Mr Ng Shi Xuan**, Adviser to Nee Soon GRC GROs.

3 Residents were treated to a diverse array of new lifestyle experiences at this year's Festival. For those keen on shopping and staying on trend, the pop-up fairs featured popular local brands such as Slow Scent Company, known for its eco-friendly offerings including vegan handcrafted scents and aromatherapy products. Festival-goers looking to relax soaked up the atmosphere over refreshing beverages while enjoying live stage performances by renowned local buskers such as Jeff Ng and Ben Hum. Afternoon movie screenings provided a laid-back option for families and friends to gather and enjoy crowd-favourite films in a relaxed outdoor setting. One of the highlights was the Sunset Yoga experience on 31 May, where residents took part in a unique partner stretching session led by yoga instructor Jimin Choi and her daughter.

4 Spanning more than 10 curated zones, the festival invited residents to embark on a holistic wellness journey, that brought fitness and mindfulness into one dynamic experience through over 30 activities which catered to various fitness levels. Those seeking higher intensity workouts participated in the North West FitnessX try-outs including Kpop Fitness and Zumba. Participants looking to enhance their mental wellness explored the E-Sports & Wellness Zone, where mindfulness activities

merged with digital health games to create an energising yet calming experience. Competitive attendees also took part in the leaderboard challenges including smartFIT reaction board, fast hand, vertical jump and other activities. For families and friends, the festival also provided opportunities for social bonding through carnival games in the Family Zone, and outdoor movie screenings and live music performances in the Entertainment Zone. Embracing participants of all fitness levels, the event also offered a lower-intensity mass walk, ensuring everyone found their preferred path to health and wellness (See [Annex A for detailed event schedule](#)).

5 Sharing more on the enhanced line-up this year, **Mr Alex Yam, Mayor of North West District**, shared: "Since its launch, Healthy Living Festival @ North West has grown into one of our signature events for encouraging active lifestyles and community bonding in the North West. This year, in line with our efforts to build Healthy Communities, and to celebrate SG60, we have expanded the festival with a wider variety of activities for everyone. I hope that residents not only join us for the 3-day Festival, but also join our health interest groups to continue living an active and fulfilled life."

6 With the support of North West Healthy Living Clubs, community partners, and volunteers, North West CDC has successfully completed the **SG60 Healthier Together Movement** – a month-long campaign held from 1 May to 1 June 2025. In celebration of SG60, the initiative spurred residents to collectively achieve 60,000km by walking, running, swimming, and cycling. In a show of strong community spirit and unity, the Movement has far surpassed the original goal of 60,000km, achieving 88,502km, unlocking the \$60,000 pledged by Lih Ming Construction to rally the community to step forward.

7 The Healthy Living Festival @ North West was open to all, welcoming attendees beyond the North West District. Participants who signed up received a game card at the Information Booth, providing access to a variety of activities. Moving forward, members of the public interested in maintaining a healthy lifestyle can register their interest in

joining a North West Healthy Living Club via <https://go.gov.sg/hlclub-interestform>.

8 The event photos can be downloaded at the following link, and credited to North West CDC: [HLF Highlights – Dropbox](#)

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Enclosed:

1. Annex A – Detailed Event Schedule
2. Annex B – Translated Terms

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 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

Detailed Event Schedule

Day 1 (30 May 2025, Friday)		
Time	Activity	Location
05.00pm – 09.00pm	Active Challenge Zone <ul style="list-style-type: none"> ○ Back-Leg-Chest Dynamometer ○ Body Impedance Analysis (BIA) ○ Body Composition Analysis ○ Fast Hand* ○ Hand-eye Coordination ○ Hand Grip Strength* ○ Mini-Obstacle Course* ○ SMART-Fit Reaction* ○ Tic-Tac-Toe Locomotion ○ Vertical Jump* <i>*Leaderboard Challenge</i>	Infront of Marquee
	Sports Try-Out Zone <ul style="list-style-type: none"> ○ Dribble & Shoot ○ Frisbee Throw ○ Inflatable Soccer Darts ○ Inflatable 3-in-1 Sports Game ○ Inflatable Basketball ○ Pickle Ball Shoot Out ○ Rugby Its Try Time ○ Tchoukball 	Gallery
	E-Sports and Wellness Zone <ul style="list-style-type: none"> ○ Arcade Basketball ○ Dance Dance Revolution ○ King Hammer ○ Racing Simulators ○ VR Super Agent 	Infront of Parade Ring
	Carnival Rides <ul style="list-style-type: none"> ○ Grand Carousel ○ Carousel Swing ○ Jeep Rides ○ Aeroplane Merry Go Round Carnival Games <ul style="list-style-type: none"> ○ High Score Roller ○ Lobster Pot 	Gallery

	<ul style="list-style-type: none"> ○ Rebound ○ Hook A Duck ○ Pyramid Smash ○ Ring Toss 	
06:30pm – 08:00pm	Live Performance by Jeff Ng	Parade Ring
08:15pm – 10:00pm	Live Performance by Shirley + The UnXpected	Parade Ring

Day 2 (31 May 2025, Saturday)

Time	Activity	Location
02.00pm – 09.00pm	Active Challenge Zone <ul style="list-style-type: none"> ○ Back-Leg-Chest Dynamometer ○ Body Impedance Analysis (BIA) ○ Body Composition Analysis ○ Fast Hand* ○ Hand-eye Coordination ○ Hand Grip Strength* ○ Mini-Obstacle Course* ○ SMART-Fit Reaction* ○ Tic-Tac-Toe Locomotion ○ Vertical Jump* <i>*Leaderboard Challenge</i>	Infront of Marquee
	Sports Try-Out Zone <ul style="list-style-type: none"> ○ Dribble & Shoot ○ Frisbee Throw ○ Inflatable Soccer Darts ○ Inflatable 3-in-1 Sports Game ○ Inflatable Basketball ○ Pickle Ball Shoot Out ○ Rugby Its Try Time ○ Tchoukball 	Gallery
	E-Sports and Wellness Zone <ul style="list-style-type: none"> ○ Arcade Basketball ○ Dance Dance Revolution ○ King Hammer ○ Racing Simulators ○ VR Super Agent 	Infront of Parade Ring
	Carnival Rides <ul style="list-style-type: none"> ○ Grand Carousel ○ Carousel Swing ○ Jeep Rides 	Gallery

	<ul style="list-style-type: none"> ○ Aeroplane Merry Go Round <p>Carnival Games</p> <ul style="list-style-type: none"> ○ High Score Roller ○ Lobster Pot ○ Rebound ○ Hook A Duck ○ Pyramid Smash ○ Ring Toss 	
02:00pm – 04:00pm	Movie Screening – Guardians of the Galaxy Vol. 3	Parade Ring
03:00pm – 04:45pm	North West Dance-Fit Club Try-Out by Dance-Fit Master Diana Kho	Marquee 2
04:00pm – 06:00pm	North West FitnessX Club Try-Out <ul style="list-style-type: none"> ○ K-Pop by Trainer Wen Jie ○ Zumba by Trainer FaFa 	Gallery
04.30pm – 06.30pm	Family Telematch <ul style="list-style-type: none"> ○ 3-in-1 Telematch ○ Ah Boy & Ah Girl Dash 	Turf Track Grass Patch
05:00pm – 05:45pm	Running Workshop <ul style="list-style-type: none"> ○ “Run Smart: Mastering Warm-Up, Cool-Down & Recovery for Runners” by Republic Polytechnic 	Marquee 1
05:00pm – 06:00pm	Live Performance by Jeff Ng	Parade Ring
05.45pm – 07.30pm	North West Dance-Fit Club Try-Out by Dance-Fit Master Eileen Hoe	Marquee 2
06:00pm – 06.45pm	Community Run (approx. 5km)	Starting from Singapore Turf Club to Rail Corridor
07:30pm – 10:00pm	Live Performance by Alex Chia & Pandora	Parade Ring

Day 3 (1 June 2025, Sunday)

Time	Activity	Location
07:30am – 08:30am	Mass Brisk Walk	Turf Track Grass Patch
08:00am – 09:00am	North West Health Qigong Showcase	Marquee 1 & 2

08:00am – 06.00pm	<p>Active Challenge Zone</p> <ul style="list-style-type: none"> ○ Back-Leg-Chest Dynamometer ○ Body Impedance Analysis (BIA) ○ Body Composition Analysis ○ Fast Hand* ○ Hand-eye Coordination ○ Hand Grip Strength* ○ Mini-Obstacle Course* ○ SMART-Fit Reaction* ○ Tic-Tac-Toe Locomotion ○ Vertical Jump* <p><i>*Leaderboard Challenge</i></p>	Infront of Marquee
	<p>Sports Try-Out Zone</p> <ul style="list-style-type: none"> ○ Dribble & Shoot ○ Frisbee Throw ○ Inflatable Soccer Darts ○ Inflatable 3-in-1 Sports Game ○ Inflatable Basketball ○ Pickle Ball Shoot Out ○ Rugby Its Try Time ○ Tchoukball 	Gallery
	<p>E-Sports and Wellness Zone</p> <ul style="list-style-type: none"> ○ Arcade Basketball ○ Dance Dance Revolution ○ King Hammer ○ Racing Simulators ○ VR Super Agent 	Infront of Parade Ring
	<p>Carnival Rides</p> <ul style="list-style-type: none"> ○ Grand Carousel ○ Carousel Swing ○ Jeep Rides ○ Aeroplane Merry Go Round <p>Carnival Games</p> <ul style="list-style-type: none"> ○ High Score Roller ○ Lobster Pot ○ Rebound ○ Hook A Duck ○ Pyramid Smash ○ Ring Toss 	Gallery
09:00am – 10:00am	Special Appearance by Dennis Chew (周崇庆) & Chen Biyu (陈碧玉)	Parade Ring & Gallery

09:30am – 11:30am	Family Telematch <ul style="list-style-type: none"> o 3-in-1 Telematch o Ah Boy & Ah Girl Dash 	Turf Track Grass Patch
09:30am – 11:30am	North West FitnessX Club Try-Out <ul style="list-style-type: none"> o Zumba by trainer Ray o K-Pop by Trainer Shirley 	Gallery
01.00pm – 03.00pm	North West Dance-Fit Club Try-Out by Dance-Fit Master Catherine Tng	Marquee 1 & 2
02:00pm – 04:00pm	Movie Screening – Kungfu Panda 4	Parade Ring
05:00pm – 06:45pm	Live Performance by Ben Hum	Parade Ring

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