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**SPEECH BY GUEST-OF-HONOUR, DR TEO HO PIN
MAYOR OF NORTH WEST DISTRICT AND MP FOR
BUKIT PANJANG CONSTITUENCY AT THE
NORTH WEST CDC HEALTHY LIFESTYLE DAY ON 1
APRIL 2007, SUNDAY, AT SUNTEC CITY
ENTERTAINMENT ATRIUM, 9.30AM**

Mr Chua Song Khim, CEO of NUH,

Associate Professor Benjamin Ong, Chairman of Medical Board,
NUH,

Councillors of North West CDC,

Grassroots Leaders,

Ladies and Gentlemen,

A very good morning to all of you.

2 I am delighted to see so many of you present for today's North West CDC Healthy Lifestyle Day, the first joint event organised by the North West Community Development Council (CDC) and National University Hospital (NUH).

North West CDC's strategic thrusts

3 The five strategic thrusts of North West CDC were launched during the North West CDC Appointment Ceremony and Appreciation Dinner last July by Minister Lim Swee Say. They are to build a Caring, Healthy, Resilient, Vibrant and Active Community. Today's event is spearheaded by North West CDC as part of its efforts to build a Healthy Community.

Importance of regular exercise and good diet

4 In the technology-driven and fast-paced environment that we are in, one usually finds it difficult to find time to exercise regularly and have a good diet. A fuss-free activity such

as brisk walking is simple and yet reaps many health benefits for a regular brisk walker.

5 Through a simple activity of brisk walk, one can gain benefits such as an increase in bone density and a reduction in stress level, body fats and risks of heart attacks. Not only does brisk walking brings health benefits, it brings people together and provides a platform for friendship to blossom.

North West Brisk Walking Club

6 The North West Brisk Walking Club (BWC) has proven to be an effective activity in promoting community bonding since its inception five years ago. The Club has attracted a steady pool of residents to participate in the zonal and district level walks.

7 Currently we have about 28,000 members and 122 brisk walking clubs in the North West District.

8 As we approach our fifth anniversary this year, one of our targets is to hit 30,000 membership base by end of this year through a series of events and recruitment drives.

Joint partnership between North West CDC and NUH

9 The North West BWC actively organises brisk walks for their members in their respective divisions. Healthy Lifestyle Day is an opportunity for members across the North West district to gather for a walk.

10 Through the North West CDC Healthy Lifestyle Day, North West CDC hopes to promote a healthy lifestyle to North West brisk walkers and to educate them on health matters.

Encourage Corporate Social Responsibility

11 North West CDC is glad to have garnered NUH's support for this event. We hope that more corporate

organisations will come forward as part of corporate social responsibility and partner North West CDC so that we could pull resources together and organise more meaningful community programmes for the residents.

Conclusion

12 Finally, I would once again like to thank the organisers of this Healthy Lifestyle Day for working tirelessly behind the scenes. Thank you and have a good day.
