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**MEDIA RELEASE  
For Immediate Release**

**Alexandra Health staff get “Healthy Together” in 3-month long fitness campaign**

**Singapore** – Alexandra Health has embarked on a 3-month long campaign to promote health among its staff, with several events and activities lined up to help them maintain good health and acquire healthy living habits.

2           This campaign supports Khoo Teck Puat Hospital’s (KTPH) total health promotion for patients and staff. KTPH, the flagship entity under Alexandra Health, is also the first hospital in Singapore to support the *Healthy Together* theme of the Health Promotion Board (HPB)’s upcoming National Healthy Lifestyle Campaign (NHLC) 2010 where Singapore residents are inspired to share the joys of having a healthy lifestyle together with community and families.

3           To kick off the campaign, 1,000 KTPH staff pledged to clock 35,000km by walking, jogging or running around Yishun Pond or surrounding areas within three months. This “Home Run Project” was held from 12 July to 8 October 2010. By the end of the period, they had clocked a total of 36,148km, far surpassing the initial target set.

4           Aside from running, staff are motivated to exercise together. Games such as table tennis, captain’s ball, yoga and qigong are regularly organised for employees. In addition, the recently-concluded annual Fitness Challenge saw 1,947 KTPH staff – or 86 per cent of the

hospital's 2,266 headcount – having their physical fitness assessed with exercises such as sit-and-reach, sit-ups, push-ups and a 1.6km walk or 2.4km run.

5                   The cluster will hold AH Active Day on 3 November to further promote the importance of an active lifestyle. Qigong Master Choo Eng will lead participants through a series of qigong exercises, followed by an in-place exercise session conducted by KTPH's Rehabilitation Services department. More than 153 management and staff have already registered for the early-morning event, which begins at 7.30am.

6                   Apart from physical activity, KTPH also encourages healthy eating among staff and patients through initiatives at the hospital food court, which offers food prepared with less oil, salt and sugar. More wholesome food options are priced lower to encourage healthier eating. Self-screening stations that measure weight and Body Mass Index (BMI) are also placed within the food court, along with health-promoting information and messages.

#### About Alexandra Health

7                   Alexandra Health offers multi-disciplinary and holistic care for the patient's total well-being. Established on 1 April 2008, Alexandra Health is a new healthcare cluster that currently comprises the 550-bed general and acute care Khoo Teck Puat Hospital, the first Health Promoting Hospital in Singapore under the World Health Organization Collaborating Centers for Health Promotion in Hospitals and Health Care, as well as Jurong Medical Centre. Exciting plans are underway to develop Alexandra Health into an integrated healthcare system to serve the community in the north. Future plans for the cluster include a new community hospital and a medical centre. To find out more about Alexandra Health and Khoo Teck Puat Hospital, visit [www.ktph.com.sg](http://www.ktph.com.sg).

### About Health Promotion Board

8                   The Health Promotion Board (HPB) is a statutory board formed under the Ministry of Health, Singapore. HPB is the key national driver for health education, promotion and disease prevention programmes for children, adults and the older adults in Singapore. The vision of HPB is a nation of healthy and happy people, while the mission is to promote health excellence by empowering individuals to take ownership of their health. With its partners, HPB creates a supportive environment, and provides health education and preventive health services to empower Singaporeans to attain the best possible health throughout life.

### About Healthy Together

9                   *Healthy Together*, the theme for National Healthy Lifestyle Campaign 2010, inspires all Singapore residents to share the joys a healthy lifestyle can bring – especially when we do it together, across our social networks. The campaign taps into our collective desire to build brighter futures for our families, friends and neighbours.