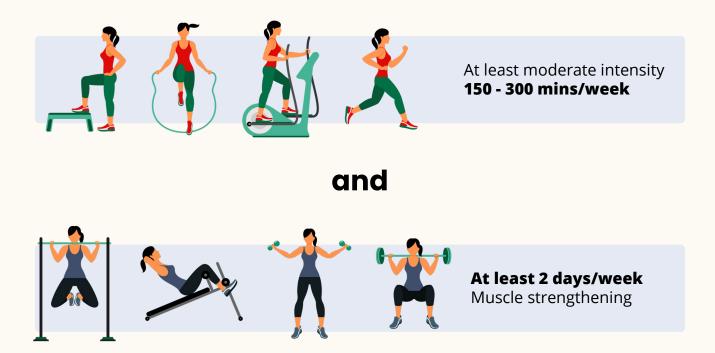
Recommended guidelines



Singapore Physical Activity Guidelines 2022