

Wellness Challenges in September 2023

Region/ Virtual	Venue	Date (Sep)	Time	Activity
East	KINEX Mall	8 (Fri), 9 (Sat), 10 (Sun)	1000-2200	KINEX Health Hunt
Central	Clarke Quay Central, Atrium Area	9 (Sat)	1600-1930	Word Hunt
Central	Clarke Quay Central, Atrium Area	9 (Sat)	1500-1545, 1600-1645, 1700-1745, 1800-1845, 1900-1945	Bounce Up
Central	Clarke Quay Central, Atrium Area	10 (Sun)	1000-1045, 1100-1145, 1200-1245, 1300-1345, 1400-1445, 1500-1545	Bounce Up
Central	Ang Mo Kio Industrial Park 2, Block 5036 canteen	20 (Wed)	1100-1400	Beyond The Scales
Central	Ang Mo Kio Industrial Park 2 - Block 5058 canteen	21 (Thurs)	1100-1400	Beyond The Scales
Central	Fusionopolis One@one-north, L1 Atrium	26 (Tues), 27 (Wed), 28 (Thurs)	1715-1800, 1815-1900, 1915-2000	BBOUNCE LITE
Central	Fusionopolis One@one-north, L1 Atrium	27 (Wed), 28 (Thurs), 29 (Fri)	1100-1400	Beyond The Scales

Wellness Challenge	Description
BBOUNCE LITE	Jump your way to fun and fitness. Workout to the latest club music and get ready to sweat. Perfect to boost your energy and get you moving. No dance skills required.
Beyond The Scales	Participants complete the following 4 stations, with an individual health facilitation session at the end. <ul style="list-style-type: none"> • Height Station • Weight/In-body Station • Blood Pressure Station • Health Facilitator Station – based on results from their previous stations
Bounce Up	Energized and strengthen your body while bouncing your way to fun.
KINEX Health Hunt	Hunt for 5 different QR codes around the mall and answer 10 questions to win 500 POPPoints. Terms and conditions apply.
Word Hunt	Explore a captivating route along the iconic Singapore River and complete a word puzzle to stand a chance to win vouchers, worth up to \$15.

Find out how to register [here](#)



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