

# DO THE SIT LESS, MOVE MORE WORKOUT



Keep safe while exercising! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

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Ensure adequate hydration and food intake prior to exercising. Avoid or modify any exercise that causes you pain or discomfort. Stop exercising immediately if you feel unwell.



Learn how much exercise your child needs from the Singapore Physical Activity Guidelines (SPAG)



Discover more ways to stay active at moveit.gov.sg or download the H365 app now!