



An initiative of



MINISTRY OF HEALTH  
SINGAPORE



# MOVE IT WITH START2MOVE

Your essential guide to help you  
start making exercise a habit.



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# LET'S GET MOVING!

Congratulations on taking the first step in taking charge of your health and embracing an active lifestyle! This guide will provide you with the know-how to exercise safely and make exercising a habit.

You'll be equipped with the basic knowledge and skills to build a sustainable workout routine, so you can progress to the next step of your personal fitness journey.

In addition to this guide, you may also want to consider joining Start2Move — a physical 6-week guided programme where you'll meet like-minded individuals, learn proper exercise techniques, and gain knowledge from fitness professionals.

Start2Move sessions are conveniently available across the island.  
Book your slot on the Healthy 365 app now!





# SETTING YOUR GOALS

Before we begin, the first thing you need to do is identify what your fitness goals are. This lets you track your fitness progress, so you know how you're doing along the way.

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## GOAL SETTING WITH SMART

Using the SMART framework helps you identify goals that are clearly-defined, achievable, and keep you on track.



**S**

### SPECIFIC

Set clearly-defined goals that you can keep track of easily.

**M**

### MEASURABLE

Quantify your goals by using measurements such as “30 minutes”, “2 days a week”, “2kg”, or “8 reps”. This can help you track and monitor your progress along the way.

**A**

### ATTAINABLE

Set realistic, safe goals that are manageable. Break down your long-term goals into short-term ones that serve as your milestones.

**R**

### RELEVANT

Work towards something you care about. Having a strong reason to become active will keep you going.

**T**

### TIME-BOUND

Set a time frame to work towards. It can help create an urgency that serves as an extra push!



## YOUR LONG-TERM GOALS

Using the SMART framework, set long-term goal(s) that you aim to achieve in the next three to six months. Write your goal(s) in the blank box below.

*e.g. "In 3 months, I will run 1.5km in under 15 minutes, 3 times a week."*

## YOUR SHORT-TERM GOALS

To reach your long-term goal, it helps to break it up into smaller, more achievable goals. Start with a small amount of physical activity, then gradually increase the frequency, intensity, and duration over time. Set weekly targets to keep yourself on track and motivated.

Remember to keep your goals SMART! Let's get started by writing down your goals.

### MONTH 1

**WEEK 1** *e.g. Brisk walk 800m in 15 minutes, 2 days a week*

**WEEK 2** *e.g. Same as Week 1*

**WEEK 3** *e.g. Brisk walk 800m in 15 minutes, 3 days a week*

**WEEK 4** *e.g. Same as Week 3*

### MONTH 2

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

### MONTH 3

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

### MONTH 4

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

### MONTH 5

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

### MONTH 6

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**



# YOUR WORKOUT SAFETY CHECKLIST

It's not just about getting fit but also staying safe while doing so. Keeping these tips in mind will help to ensure your safety at every stage of your workout.

## BEFORE

1. Do not exercise if you're feeling unwell.
2. Consult a health professional if you're unsure about your body's readiness for physical activity. Take the Get Active Questionnaire (GAQ) at [go.gov.sg/getactiveq](https://go.gov.sg/getactiveq) before exercising.
3. Wear the right workout attire for your activity.
4. Make sure there's enough clear space around you to perform your exercise safely.
5. Do your warm-up exercises before starting any workout.

## DURING

1. Hydrate well throughout the exercise session.
2. Build intensity gradually. Always listen to your body and stop if you feel unwell (e.g. experience pain, feel dizzy or sick).

## AFTER

1. Continue to hydrate yourself even after the exercise is over.
2. Consult a health professional if you feel unwell or experience any pain.

## PHYSICAL ACTIVITY GUIDELINES

Keep the **Singapore Physical Activity Guidelines (SPAG)** in mind.

The SPAG recommends engaging in a variety of physical activities to reap significant health benefits.

**Adults aged 18 years and above should aim to hit these targets every week!**

- At least 150 to 300 minutes of moderate-intensity aerobic physical activity.
- At least 2 days of muscle-strengthening activities.
- Incorporate exercises that work on different fitness components, such as aerobic fitness, strength, balance and flexibility, for a balanced workout.



For more physical activity-related resources, articles, and information, visit [moveit.gov.sg](https://moveit.gov.sg).

# KNOWING THE FITNESS COMPONENTS

Aerobic fitness, strength, balance and flexibility are the core components of overall fitness and health.



## AEROBIC FITNESS

Aerobic fitness is important for your heart and lung health, helping to reduce your risk of cardiovascular diseases.

## STRENGTH

Strength training can help protect your joints from injury and improve your balance to prevent falls. It is also important in helping you carry out your daily activities with ease.



## BALANCE AND FLEXIBILITY

Flexibility improves your mobility by allowing your joints to move through their full range of motion. Good balance can help prevent falls. Both are important in preventing injuries and helping you perform daily activities more easily.



**Now that you understand the importance of these different fitness components, it's important to assess your fitness level as you track your progress towards an active lifestyle.**

# ASSESSING YOUR OWN FITNESS

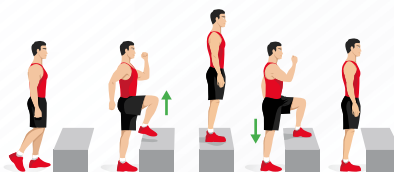
Your physical fitness can be assessed across these fitness components: aerobic fitness, strength, balance and flexibility. Try these easy-to-follow self-assessments to determine your fitness level.



Scan or click the QR code to access instructional guides and videos for the fitness tests.

## AEROBIC FITNESS

### Step Test



This tests your aerobic fitness.

## STRENGTH

### Push-Up Test



This tests your upper body strength.

### Sit-to-Stand Test



This tests your lower body strength.

### Plank Test



This tests your core strength.

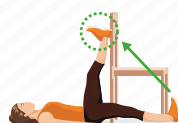
## BALANCE AND FLEXIBILITY

### Shoulder Mobility Test



This tests your upper body flexibility.

### Hamstring Flexibility Test



This tests your lower body flexibility.

### Single Leg Stance Test



This tests your balance.

Now you're ready to embark on your fitness journey. Over the next six weeks, start by trying out four new exercises weekly from the list below, each focusing on different fitness components and muscle groups.



# WEEK 1 EXERCISES

## Fitness Components



Aerobic  
Fitness

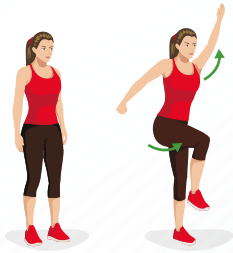


Strength



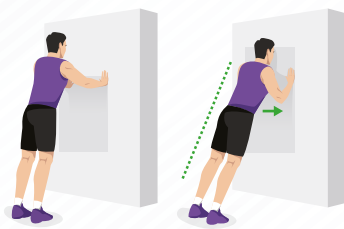
Balance and  
Flexibility

### March and Raise



1. Stand straight with your feet shoulder-width apart.
2. Lift your left arm and your right knee up to complete 1 rep. Ensure that your left foot is firmly planted on the ground.
3. Lower your arm and leg, and repeat on the opposite side.
4. Continue this action for 2-3 minutes.

### Wall Push-Ups



1. Stand at an arm's length away from a wall, facing it. Place your hands on the wall slightly wider than shoulder-width apart and at chest level.
2. Bend your elbows and lower your chest towards the wall until your elbows are bent at 90 degrees.
3. Return to starting position by pushing against the wall and straightening your elbows without locking them. Complete 8-12 reps.

### Wall Squat



1. Start in a standing position with your feet shoulder-width apart and back flat against a wall. Your feet should be about 2 foot-lengths from the wall.
2. Keeping your back against the wall, lower yourself into a seated position by bending your knees till they reach a 90-degree angle.
3. Hold this position for 30 seconds or longer.

### Single Leg Balance



1. Stand straight with your feet flat on the ground, shoulder-width apart. Raise and extend your arms to form a T-shape with your body.
2. Lift your right foot off the floor with your left knee slightly bent. If needed, hold onto a bar for support.
3. Balance for 2-3 seconds before lowering your leg down to starting position. Repeat on the other leg. Complete 8-12 reps on each side.



# WEEK 2 EXERCISES

## Fitness Components



Aerobic  
Fitness



Strength



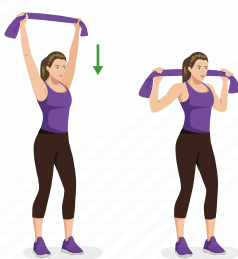
Balance and  
Flexibility

### Jog on the Spot



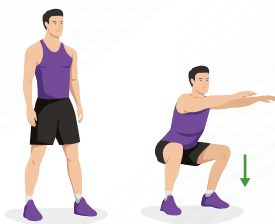
1. Stand straight with your feet shoulder-width apart.
2. Lift your left knee while swinging your right arm forward. Quickly repeat this on the opposite side, landing on the balls of your feet.
3. Continue this action for 2-3 minutes.

### Shoulder Press



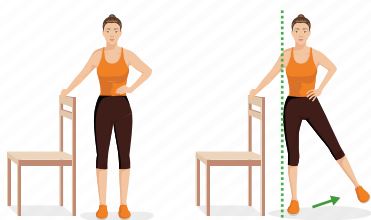
1. Stand straight with your feet shoulder-width apart. Hold two ends of the towel above your head, with your elbows slightly bent and fists shoulder-width apart.
2. With your palms facing forward, pull the towel down behind your head. Stop when the towel reaches your shoulder, while maintaining tension in the towel.
3. Raise your arms back up into the starting position above your head. Complete 8-12 reps.

### Squats



1. Stand straight with your feet slightly wider than shoulder-width apart.
2. Gradually lower yourself into a sitting position with your back straight and knees bent at 90 degrees. Ensure your toes and heels are firmly planted on the ground.
3. Push through the ground with your heels to return to standing position to complete one rep. Complete 8-12 reps.

### Side Leg Raises



1. Stand with your feet together and place your hands on your hips or hold onto a chair or wall for balance.
2. Lift your left leg out to the side, keeping it straight. Raise it to a comfortable height while maintaining your balance.
3. Slowly lower your left leg back into the starting position and complete 8-12 reps on this side before switching to the other side.

Note: Ensure that the chair is stable and does not have wheels.

# WEEK 3 EXERCISES

## Fitness Components



Aerobic Fitness



Strength



Balance and Flexibility

### Modified Jumping Jacks



1. Stand straight with your feet together, shoulders relaxed and arms at your side.
2. Step to the right with your right leg and raise both arms above your head. Keep your knees slightly bent and your arms extended upwards.
3. Step with your right leg back to the middle and lower your arms back into starting position. Repeat with your left leg. Continue this action for 2-3 minutes.

### High Plank



1. Get into a push-up position, with your palms directly under your shoulders and your feet hip-width apart.
2. Hold yourself up on your hands and toes, engaging your core to keep your body in a straight line.
3. Hold this position for 30 seconds or longer.

### Isometric Squat Hold



1. Stand straight with your feet slightly wider than shoulder-width apart.
2. Gradually lower yourself into a sitting position with your back straight and knees bent at 90 degrees. Ensure your toes and heels are firmly planted on the ground.
3. Hold this position for 30 seconds or longer, push through your heels to return to starting position.

### Single Leg Calf Raises



1. Stand straight with your feet shoulder-width apart and your hands on the back of a chair for support. Lift your right foot slightly off the ground.
2. Slowly lift your left heel off the ground, coming to a tiptoe position on the balls of your feet.
3. Slowly lower your left leg back into the starting position, complete 8-12 reps on this side before switching to the other side.

Note: Ensure that the chair is stable and does not have wheels.



# WEEK 4 EXERCISES

## Fitness Components



Aerobic  
Fitness

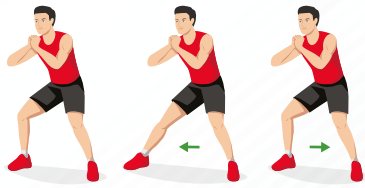


Strength



Balance and  
Flexibility

## Lateral Shuffle Squats



Shuffle a few steps laterally to one side, then repeat in the opposite direction.

1. Stand with your feet slightly wider than shoulder-width apart and lower your body into a squat position. Keep your back straight and core engaged.
2. Take a step to the right with your right foot. Follow with your left foot until your feet are back to shoulder-width apart.
3. Continue shuffling to the right, then repeat on the opposite side till you're back where you started. Continue this action for 2-3 minutes.

## Plank



1. Lie on your front. Push yourself up to bear your weight on your forearms and toes, with your feet hip-width apart.
2. Engage your core to keep your body in a straight line.
3. Hold this position for 30 seconds or longer.

## Step-Ups



1. Stand in front of a stable step.
2. Step up with your left foot and push through this foot to lift your body up onto the step. Drive your right knee up. Keep your back straight while firmly planting your left foot on the step.
3. Step down with your right foot into starting position. Repeat on the opposite side. Complete 8-12 reps on each side.

## Standing Crunches



1. Stand straight with your feet shoulder-width apart and your hands behind your head. Keep your elbows pointing outward.
2. Bending at your waist, raise your left knee and bring your right elbow across your body towards your left knee.
3. Return to the starting position and repeat on the opposite side. Complete 8-12 reps on each side.

# WEEK 5 EXERCISES

## Fitness Components



Aerobic  
Fitness



Strength



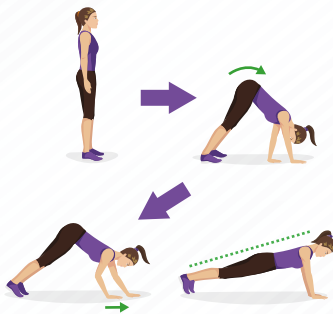
Balance and  
Flexibility

### Quick Feet



1. Stand with your feet slightly wider than shoulder-width apart, bending your knees slightly.
2. Push through the balls of your feet and run in place quickly. Stay low throughout the movement by bringing your weight forward.
3. Continue this action for 2-3 minutes.

### Inchworm



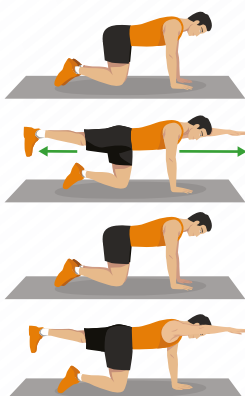
1. Stand straight with your feet shoulder-width apart and arms at your side.
2. With your knees bent slightly, bend forward until your palms can touch the floor in front of you.
3. Slowly walk your hands away from your feet, extending your body into a high plank position.
4. Slowly walk your hands back to your feet, returning to the starting position. Complete 8-12 reps.

### Static Lunges



1. Start with your left foot forward, lengthening your stance.
2. Bend both knees to 90 degrees, ensuring your left knee does not go past your toes.
3. Extend your legs and push upwards back into starting position. Complete 8-12 reps on this side and repeat with your right foot forward.

### Bird Dog



1. Start on your hands and knees, with your hands under your shoulders and your knees under your hips.
2. Lift and extend your right leg and your left arm at the same time, till both are parallel to the ground.
3. Hold this position for 1-2 seconds before returning to the starting position. Repeat on the opposite side. Complete 8-12 reps on each side.



# WEEK 6 EXERCISES

## Fitness Components



Aerobic  
Fitness



Strength



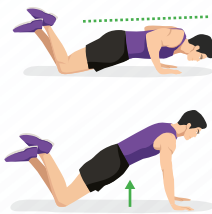
Balance and  
Flexibility

### Jumping Jacks



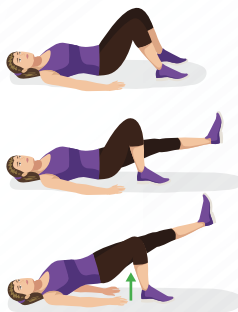
1. Start by standing with your feet together and arms at your side.
2. Bend your knees slightly then jump up, spreading your legs to wider than hip-width and bringing both hands together above your head.
3. Jump again, returning to the starting position. Continue this action for 2-3 minutes.

### Modified Push-Ups



1. Go into a kneeling position with your hands directly beneath your shoulders and knees behind your hips.
2. Bend your elbows to the side of your torso to lower your chest towards the floor. Keep your core stable throughout. This is your starting position.
3. Push against the floor and straighten your elbows without locking them. Bend your elbows to return to starting position. Complete 8-12 reps.

### Single Leg Glute Bridges



1. Start by lying on your back with your knees bent, aligned with ankles, and feet flat on the ground. Extend your left leg, keeping your right foot on the ground.
2. Push through the heel of your right foot and lift your hips off the ground. Keep your left leg in a straight line with your body.
3. Lower yourself slowly back to the starting position. Repeat on the opposite side. Complete 8-12 reps on each side.

### Alternating Lunges



1. Start with your feet together and hands on your waist.
2. Take a big step forward with your right foot, lengthening your stance.
3. Bend both knees to 90 degrees, ensuring your right knee does not go past your toes.
4. Straighten both legs and push backwards with your right foot to get back into starting position. Repeat with your left foot forward. Complete 8-12 reps on each side.



# TIPS TO KEEP YOURSELF MOVING

Good habits are formed by repeating an action consistently, and an active lifestyle is built through regular exercise. Here are helpful ways you can work physical activity into your daily life.



## SPEND WORKOUT TIME WITH LOVED ONES

Use exercise as an opportunity to bond with your family! Head outdoors, try a new sport together, or go on a leisurely bike ride at the park.

## STRETCH ANYTIME AND ANYWHERE

It's easy to incorporate some stretches into your daily routine. Stretching daily can reduce muscle tension and increase your range of motion — and can even be done while you're seated!



## KEEP THINGS FRESH WITH DIFFERENT ACTIVITIES

Our MOVE IT online workout guides offer a wide variety of workouts for all ages and fitness levels. Scan to learn more.





## JOIN A WORKOUT CLASS NEAR YOU

Check out the wide variety of classes available under "Events" on the Healthy 365 app.



## KEEP MOVING THROUGHOUT THE DAY

Here are some ideas to break up sedentary time: take a short walk, or do a quick workout after sitting for long periods, opt for the stairs instead of the lift, or get off the bus one stop early and brisk walk to your destination.



## GET SOME FRESH AIR AND WORK OUT FOR FREE AT COMMUNITY FITNESS SPACES

Get a complete workout at your neighbourhood fitness corner! Do at least 1 aerobic fitness exercise, 3 strength exercises, 1 balance exercise, and 1 flexibility exercise. For more, scan to see our fitness corner workout guide!





# DISCOVER EVEN MORE WAYS TO MOVE!

Discover more ways to stay active and get fitter with our wide selection of MOVE IT online workout guides. Catered for all ages and fitness levels, you're sure to find a workout that you like! If you're new to physical activity, remember to start slow and opt for the easier version of each exercise whenever possible. As you gain confidence, gradually increase the intensity and difficulty of your exercises!



**Scan or click for  
MOVE IT online  
workout guides!**