



What is Health Champs?

A convenient, one-stop suite of workplace health programmes catered for all school staff to enhance their wellbeing.*



Physical activity



Mental Wellness



Nutrition



Chronic disease prevention & management

** School staff includes teaching and non-teaching staff as well as out-sourced workers working in school settings.*

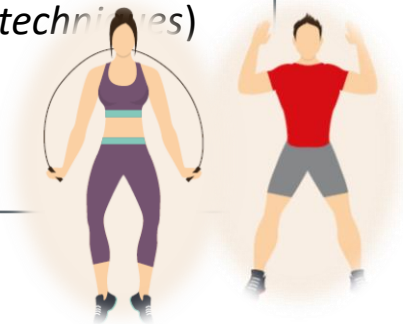
- Minimum participation per session: **20 pax***

We can support your schools with a variety of Physical Activities of your choice

Duration: 30 min or 1 hour per session

A list of fun exercise workouts of low to moderate intensity to keep you and your colleagues moving!

- Zumba
- Pilates*
- KpopX Fitness
- Chair Zumba
- Workstation Stretching
- Stretch and Breathe (Mindfulness)
- Yoga*
- Laughter Yoga* *(a combination of laughter exercises and yoga breathing techniques)*
- Chair Yoga



(*) Participants are required to bring their own exercise or yoga mats.

Note: Participants should be in sports attire and bring along their mobile phone, water bottle and towel for the session.

Mental Wellness Workshops



Building Resilience and Optimism (Mental Wellness)

Understand the importance of mental health and well-being, and the concept of resilience. This workshop will introduce ways to thinking positively, so that you can apply optimism and self-care into your life.



Positive Relationships & Peer Support at workplaces

As we spend more time at work than on any other daily activity, having a supportive workplace environment is important in helping us to thrive and be productive. Learn how to build positive relationships through effective communication and provide basic peer support to your colleagues.



Mindfulness:

A simple, evidence-based method to bring more calm into your life

Practicing mindfulness is a powerful way to regain balance and boost your mental wellbeing in a busy world. Explore this practice during your daily activities to reduce your stress levels.



Sleep Management

Your quality of sleep impacts your immune function, metabolism, memory, and learning. Learn how to improve your sleep and overall health in this session.



Stress and Fatigue Management

Identifying the symptoms and implications of stress and fatigue is the first step to relieving them. Learn tips on relaxation, improving your quality of sleep and stretching exercises to alleviate these symptoms.



Other Topics:

- **Mental wellness and stress management**

- **Science of Happiness**

- **Dementia and Alzheimer's diseases and caregiver stress**

Nutrition Workshops

Busted: Diet and Food Myths

Have you wondered if fad diets like intermittent fasting and no-carb diet are effective?

Let our nutritionist take you through a tantalizing journey on common food misconceptions and how you can work towards achieving a healthy weight.

Food Label Reading Smart

Ever wondered what do the food labels mean? Get to learn what to look out for in food labels and types of Healthier Choice Symbols on certain food products. We will guide you through key functions of the H365 app too!

Achieving Healthy Weight

Are all fats in food necessarily 'bad'? Learn more about what constitutes a healthier plate and recommended physical activities, in order to effectively achieve a healthy weight in this workshop.

Healthy Eating during Festive Season

With festive season around the corner, how can you balance eating priorities and still enjoy this festive period?

Learn about the strategies to stay healthier during this period and stay in shape for the coming year.

Eating Well to Stay Healthy

Learn more about meal planning and adding healthier items such as wholegrains, fruits and vegetables in your diet. Understand food labels so that you can eat well and live well.

Other Health Workshops



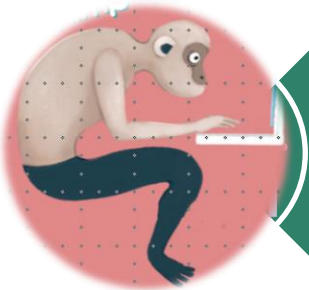
Chronic Disease Prevention & Management

Take charge of your wellbeing by being aware about 3 common chronic diseases - diabetes, high blood pressure and high cholesterol. Acquire knowledge on prevention and management tips to maintain a healthy lifestyle.



Diabetes 101

Cultivate a healthy lifestyle with us by finding out what diabetes is, and how you could adjust your diet and routine to prevent and take charge of the condition.



Office ergonomics and stretching exercises

Are you experiencing body aches in the upper and lower back? Learn more about the common musculoskeletal disorders with our certified fitness trainer, who will demonstrate stretches to alleviate body pains while improving your posture.



Vaccination

Breaking the chain of infectious diseases such as COVID-19, Influenza and Pneumococcal through vaccination and other preventive measures.



I'm interested!

What do I need to take note of:

- ✓ A minimum participation of **20 pax** is required per session fully funded by HPB.
- ✓ Participants are required to download the Healthy 365 app on their phone (available on both [Android](#) and [IOS](#)) before the start of the session and to scan their attendance using the app. HPB's appointed vendors will provide the instructions once your booking is confirmed.
- ✓ Each school/centre can take up:
 - Up to 2 physical activity sessions per year
 - Up to 2 health workshops per year
- ✓ An email acknowledgement stating the **total number of participants** must be submitted after each session for verification. HPB's appointed vendors will send a follow-up email after the session is conducted.-
- ✓ Booking of workshop or physical activity sessions will require **at least 3 weeks lead time**.
 - First-come-first-served basis (***Limited slots available**)
 - Subjected to the availability of speakers and trainers ([5 working days required upon submission of all necessary booking details](#))
- ✓ **Any cancellation must be done at least 1 week in advance. Failure to do so may result in schools bearing the cost of the sessions.**
- ✓ **In case of no-show by participants, the school shall bear the cost and pay the vendor directly.**



Special requirements for Physical Activities (PA):

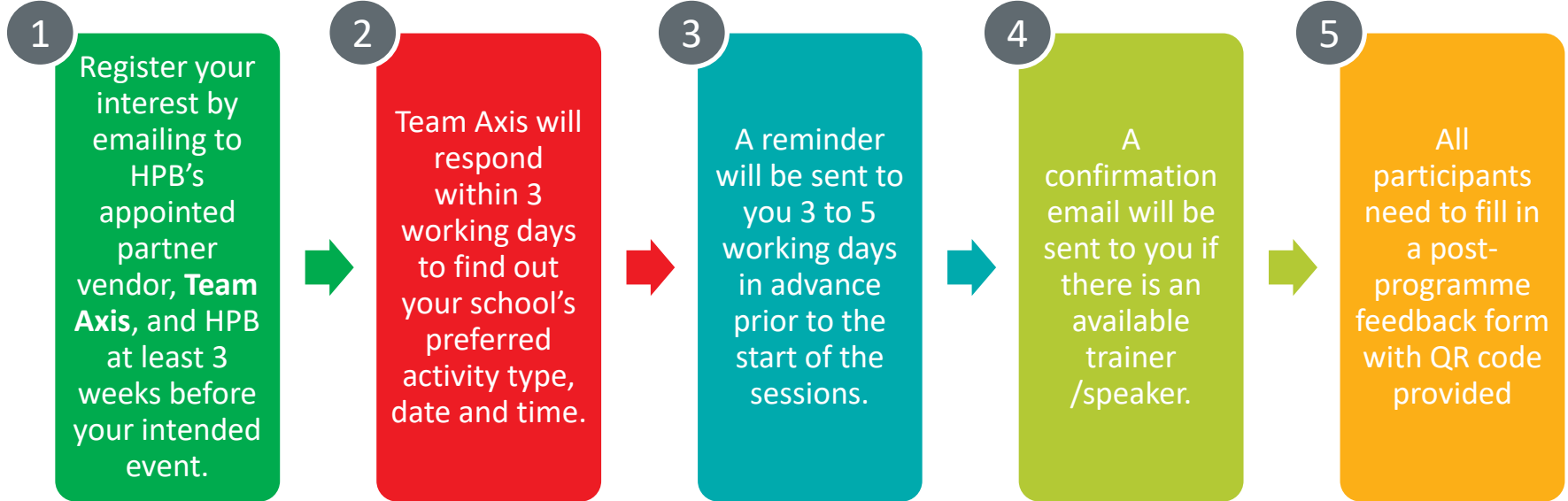
For face-to-face sessions only:

- ✓ A Risk Assessment and Management (RAMS) Plan will be conducted by HPB's appointed vendor prior to the session to assess suitability of venue. School POC is required to share photos of the venue for first assessment.
- ✓ An AED must be located or be available within a 3-minutes walk from the venue. If not, the session cannot proceed.

For all face-to-face and virtual sessions:

- ✓ Participants are required to download the Healthy 365 app on their phone (available on both Android and IOS) before the start of the session and to scan their attendance using the app.
- ✓ Safety preparation and instructions need to be shared with participants at least 1 day before the session.
- ✓ It is highly recommended to arrive at the venue 10 to 15 min before the session. **Latecomers will be rejected** once the session starts due to safety requirements.
- ✓ Participants' feedback is required for audit of trainer's performance. QR code for the PA sessions will be sent to school POC.

How do I sign up for HPB programmes?



*Please note that schools are required to fulfill the requirements of Health Champs programme in order to enjoy the fully-subsidised health activities. HPB reserves the rights to reject any requests.



Reach out to us

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