



Active Health keeps Body Composition, STRENGTH 1.0 and Stronger at 40 open on SG60 credits

Description

Active Health programmes on ActiveSG Circle remain open to Healthier SG enrollees, including Body Composition Assessment, STRENGTH 1.0 and Stronger at 40, with fees payable using SG60 ActiveSG credits.

Sport Singapore's Active Health pages list the sessions at Active Health Labs across Woodlands, Jurong East, Bishan, Sengkang, Heartbeat@Bedok, Our Tampines Hub, Bukit Canberra and Delta Sport Centre.



Active Health Body Composition Assessment. Photo: ActiveSG Circle / Sport Singapore

Body Composition Assessment

The 15-minute assessment uses an InBody 770 machine and produces an A4 printout of fat, muscle and water readings without a coach debrief. It is for ages 18 and above, and is not suitable for people with pacemakers, metal implants or who are pregnant.

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Active Health STRENGTH 1.0 session. Photo: ActiveSG Circle / Sport Singapore

STRENGTH 1.0 and Stronger at 40

STRENGTH 1.0 is an eight-week course, one 60-minute session a week, introducing seven core strength movements for ages 18 and above. Stronger at 40 is a six-week programme for ages 40 to 59, also one hour a week, using bodyweight and common gym equipment. Active Health recommends a STRENGTH 2.0 Assessment and Check-in before Stronger at 40.

Both programmes run in person at Active Health labs, skip public holidays, and state that no refund is allowed once booked.



Active Health lab group session. Photo: ActiveSG Circle / Sport Singapore

Labs and SG60 credits

Active Health Labs sit at Woodlands Sport Centre, Jurong East Sport Centre, Bishan Sport Centre, Sengkang Sport Centre, Heartbeat@Bedok, Our Tampines Hub, Bukit Canberra and Delta Sport Centre, with additional listings such as Decathlon Singapore Lab on the programmes board.

Active Health says SG60 ActiveSG credits can fully cover programme fees. Bookings and live slots are on activesgcircle.gov.sg under Active Health and the Healthier SG programme list.

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