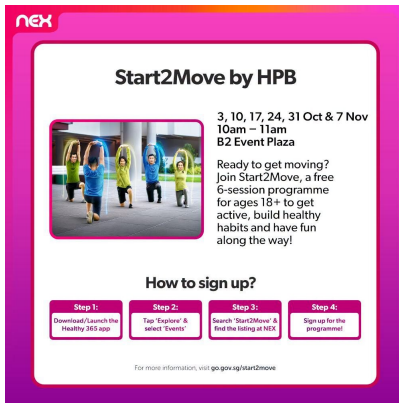




HPB's free Start2Move beginner course runs at NEX on Saturdays to 7 November

Description

The Health Promotion Board's free Start2Move programme is running at [NEX](#) on Saturday mornings until 7 November, with the next class on 10 October. Each session is one hour, from 10am to 11am, at the B2 Event Plaza at 23 Serangoon Central, linked to Serangoon MRT station.



Start2Move by HPE



3, 10, 17, 24,
10am – 11am
B2 Event Plaza

Ready to get moving?
Join Start2Move, a
6-session program
for ages 18+ to stay
active, build healthy
habits and have fun
along the way.

How to sign up?

Step 1:

Download/Launch the
Healthy 365 app

Step 2:

Tap 'Explore' &
select 'Events'

Step 3:

Search 'Start2Move' &
find the listing at NEX

For more information, visit go.gov.sg/start2move

Start2Move sessions at NEX run on Saturdays from 10am to 11am at the B2 Event Plaza.
Photo: NEX

The six Saturdays are 3, 10, 17, 24 and 31 October and 7 November. Places are limited.

What Start2Move is

Start2Move is HPB's six-week course for adults who are new to exercise. It is one session a week for six weeks, and it costs nothing.

It is open to Singapore citizens and permanent residents aged 18 and above. There is one physical requirement: participants must be able to get down to the floor and back up again without help.

The course builds in order. Session one is an introduction and taster. Session two covers upper-body strength, balance and flexibility, and session three moves to the lower body. Session four is aerobic work. In session five, participants put together their own workout, and session six is the graduation class.

Why 10 October matters at NEX

Sessions three to six need a private code, which is given out at session one or two. A newcomer who misses both cannot sign up for the later classes.

At NEX, that makes Saturday 10 October the last chance to join this run. Anyone who started on 3 October and needs the code can still collect it on the 10th.

How to sign up

Registration is in the Healthy 365 app. Under Explore, tap Events, search for "Start2Move" and pick the NEX listing. The same search shows any other Start2Move runs open for booking.

HPB's hotline for questions about the programme is 1800 223 1313.

Where Singapore stands on exercise

The Ministry of Health's National Population Health Survey 2025, released on 3 October, found that 87.3 per cent of residents met the guideline for total physical activity, up from 84.7 per cent in 2024.

Strength work has not moved in the same way. The share doing enough muscle-strengthening activity was 37.6 per cent in 2025, a figure the survey describes as stable since 2020. Two of Start2Move's six sessions cover strength: upper body in session two, lower body in session three.

By the end of August, 1.5 million residents, or 61 per cent of those eligible, had enrolled in Healthier SG.

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