



## National Trades Union Congress

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### Media Release

#### **NTUC SUPPORTS ITS MEMBERS TO STAY LONGER IN EMPLOYMENT**

*Quality work life through healthy lifestyle*

1. The National Trades Union Congress (NTUC) marks the official launch of U Wellness, the Health and Fitness club for NTUC members, this Saturday, 15 September 2007. The theme of the event is Viva U Wellness Fiesta. The event will be celebrated at Fort Canning Green, with an array of participating merchant booths, games and stage exercises, all centred on a healthy lifestyle. Members can enjoy discounts and vouchers from OTO Bodycare and the Spa @ Aranda, and participate in group stage exercises such as kick-boxing and yoga demonstrations.

2. In addition, U Movies, another interest group formed under the umbrella of NTUC membership, will also be celebrating their 2<sup>nd</sup> Anniversary with an outdoor screening of the movie - Surf's Up. (Refer to Annex 1 for programme details)

3. Officiating at the launch, Secretary-General for NTUC, Lim Swee Say said, "The official launch of U Wellness marks yet another successful effort by NTUC's Membership Department which continuously strives to provide new and exciting benefits to cater to the social needs of our members. The U Wellness initiative is in line with the Work, Live and Play elements of the NTUC's Labour Movement 2011 vision. It supports our members in adopting healthier and better living habits, making it possible for them to stay longer in employment. Embarking on a healthier lifestyle from now is fundamental to leading a quality and active life ahead, in both work and play."

4. The majority of the diseases that affect working people's health are caused or triggered by factors encountered in daily living. Sedentary lifestyles of working people could pose a threat to their health, affecting their quality of life and performance. The U Wellness club provides an avenue to employees for achieving a quality worklife.

Through adopting a healthy lifestyle, they would stand a higher chance of staying healthy as they get older, and would thus continue to be an asset to their companies. By remaining healthy, they can be productive at the workplace and remain employable throughout their working lives, thus leading a meaningful life in good health.

5. On the companies' front, NTUC teamed up with the Health Promotion Board (HPB) to develop UHEALTH, Unions Helping Employees Achieve LifeTime Health, to provide consultation and guidance to unionised companies in implementing the Workplace Health Promotion (WHP) programmes at the workplace to keep their staff healthy and fit. Companies will be given consultation and guidance by NTUC and HPB in implementing programmes such as basic health screening, cholesterol reduction and healthy canteen programme.

6. The U Wellness health and fitness club was piloted in March this year and has since garnered 10,000 members. U Wellness conducted several health workshops, sports activities, spa and gym membership discounts which received encouraging support from its members. For example with health workshops, members pay a nominal fee to enjoy talks across various topics of interests including Lasik procedure for myopia correction, workplace health issues and tips on personal grooming. Members can also visit the online portal [www.uwellness.com.sg](http://www.uwellness.com.sg) to check out the latest activities, discounts and articles on health and well-being. U Wellness takes into consideration the demographics of its membership base and also conducts online polls regularly to gather feedback on members' interests before implementing its activities. In a recent poll to find out members preferred mode of exercise, more than half of the respondents voted for activities like yoga and gym, prompting the club to look for a gym provider and continue with more yoga classes for its upcoming activities.

7. "U Wellness is constantly looking at new and diverse programmes to reach out to our members across the health spectrum. The U Wellness programmes span across the mind, body and soul concept, providing enrichment and empowerment, for them to lead better and healthier lifestyles. We hope that through this initiative, it makes healthier living more accessible to working people, helping to achieve a

quality worklife balance, “says Mr Neo Gim Kian, Director of the NTUC Membership Department.

8. Member of the U Wellness club and a Health Ambassador at her workplace in a childcare centre, Madam Ong Beng Eng, praised the U Wellness club for organising events for members to keep fit and healthy. She says, “ I enjoy walking and being in the outdoors. I like to explore nature reserve parks as I can enjoy the scenery, whilst relieving work stress and keeping fit at the same time.” Madam Ong is an advocate of work life balance and also organises Brisk Walk events at her workplace, encouraging her fellow colleagues to join her to adopt a healthier lifestyle as well.

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**PROGRAMME FOR VIVA U WELLNESS FIESTA**

4.00pm	Game stalls and merchant booths open
4.30pm	Stage activities commence Competitive match and Free & easy play at Volleyball and Soccer games
5.00 pm	Performance by Acrobats
5.30 pm	Arrival of Guest-Of-Honour Mr Lim Swee Say, Secretary-General, NTUC & Minister, Prime Minister's Office
	Games continue, tour around booths
5.45 pm	Kick-boxing activity
6.00 pm	Launch of U Wellness by Guest-Of-Honour  First Lucky Draw By Guest-of-Honour  Latinas
6.30 pm	Aerobics Hi-Lo Exercise
6.45 pm	Illusions of Jeremy Pei
7.15 pm	Yoga session
7.30 pm	Games  Second Lucky Draw
8.00 pm	Screening of movie - Surf's Up!
9.30 pm	End of Programme

**Commonly used Chinese Terms**

NTUC Membership Department	职总会员事务署
Quality Worklife	优质工作生活署

## **About National Trades Union Congress (NTUC)**

The National Trades Union Congress (NTUC) is a national confederation of trade unions in the industrial, service and public sectors representing 500,000 workers in Singapore. NTUC comprises 63 affiliated unions, 6 affiliated taxi associations, 9 co-operatives and 6 related organisations. NTUC's objectives are to help Singapore stay competitive and workers remain employable for life; to enhance the social status and well-being of workers; and to build a strong, responsible and caring labour movement. NTUC's vision is to be an inclusive labour movement for all collars, all ages and all nationalities. For more details on NTUC, please visit our website at [www.ntuc.org.sg](http://www.ntuc.org.sg)