

5 PLACES TO GET MOVIN'

IT'S EASY TO EXERCISE AS A FAMILY WHEN YOU COMBINE PHYSICAL ACTIVITY WITH FUN!

1 GO ON AN ADVENTURE AT JEWEL CHANGI AIRPORT

Don't let the hype surrounding its vortex waterfall distract you from the mall's other star attraction — the 14,000m² indoor Canopy Park. It is home to two mazes, one made of mirrors and the other featuring a 1.8m-high hedge, which are great for honing motor, navigational and problem-solving skills. A giant trampoline net and a 50m-long walking net suspended 25m above the ground offer an undulating surface that children can bounce and jump on, and build strength, balance and coordination.



4 STRETCH IT OUT AT FAMILY YOGA IN THE PARK

Held at Bishan-Ang Mo Kio Park every second Sunday of the month, the NParks' Yoga in the Park is a one-hour outdoor session where you can enjoy the fresh morning air and get that essential dose of sunshine to make Vitamin D for bone health. Yoga offers multiple benefits — it increases flexibility, reduces stress and improves focus in both adults and children. The session is free but register online to reserve your slot as spaces are limited. Sign up at bishanparkfamilyyoga.eventbrite.sg.



2 PICK UP A NEW SPORT OR HOBBY AS A FAMILY

The family that plays together, stays together. The Health Promotion Board's Active Family programme offers a range of fun-filled outdoor activities such as archery, kite-making and flying, and inline skating at various locations all around Singapore. Taking part in an activity together encourages family bonding and gives your child an opportunity to acquire communication and social skills along with physical and technical prowess. Go to www.healthhub.sg to look for an event near you. Registration is free.



3 PLAY IN NATURE AT THE JACOB BALLAS CHILDREN'S GARDEN

With the extension in 2017, the Jacob Ballas Children's Garden at the Singapore Botanic Gardens is now the largest children's garden in Asia. Attractions for young visitors include a swing rope bridge and the flying fox, where children can glide along a zipline connected to tree houses. Being outdoors encourages active play, allowing children to explore new environments and develop sensory awareness. The garden also features inclusive play equipment such as a trampoline with wheelchair access for children with special needs.



5 WHOOSH DOWN THE SLIDES AT ADMIRALTY PARK

This playground in northern Singapore has not one, or two, but 26 slides. It boasts the longest and tallest tube slide in a public park at 23m long and 9m high, a 34m-long curved roller slide and a family slide which is wide enough to accommodate an adult and child together. The slides are designed with the contours of the terrain in mind, so you get a mix of different gradients, straight and twisting angles, all of which helps to develop a child's spatial awareness and balance.

