

Pandemic not holding back exercise

Celest Tham looked into exercise habits of Singaporeans during the pandemic.



People exercising along Coney Island on a weekend morning. PHOTO: CELEST THAM

Pandemic has not stopped people from being active, instead more and more have established the habit of exercising and are keeping up in the new normal.

According to statistics from SportSG, an average of 71 per cent of Singaporean participated in one physical activity at least once a week in the third quarter of 2020. The figure is almost the same level as in the same period of 2019, showing that pandemic has encouraged a healthier lifestyle than decreased exercise level.

Gurusamy Senthilkumar, 37, who was not an active person previously, has made jogging a habit after lockdown to reduce his weight and get fitter.

“Pandemic has changed my lifestyle more healthily as a frequent jogger, “ said the project manager.

In an update of physical activity guidelines, the World Health Organisation (WHO) urged people to stay active.

“Being physically active is critical for health and well-being – it can help to add years to life and life to years,” said WHO Director-General Dr Tedros Adhanom Ghebreyesus. “Every move counts.”

As Singapore entered Phase 3 on Dec 28, larger groups for sport activities are allowed - from five to eight. Masks should continue to be worn as a default and can be taken off when performing strenuous activities.