

Tango

WITH US!



LIVE STRONG



Fitness programmes that cater to older adults have been gaining popularity in recent years, as people in this age group begin to pay more attention to their health. Crossfit, high intensity interval training (HIIT) and kickboxing are some of the cardiofitness exercises that have become increasingly popular.

Cardiofitness exercises focus mainly on strengthening and maintaining the health of the heart. Such exercises not only build stamina and overall fitness, they also reduce blood pressure and boost the immune system. Kickboxing, in particular, requires you to practise punches and kicks in varying positions, which improves flexibility, balance, as well as arm and leg strength. In addition, according to experts, the act of hitting a target be it through punches or kicks can help to improve mind-muscle coordination and alertness too.¹

“Enrolling in this programme allows us to try out something new, have fun, and keep ourselves active and fit at the same time.”

MDM JUNE ONG, TANGO MEMBER



¹ Linda Arslanian, Physical Therapist and Director of Rehabilitation Services, Brigham and Women's Hospital

A recent post-programme assessment of participants who went through 12 sessions of Tango's kickboxing classes reported more than 27% of them having improved lower body strength, and more than 50% of them having increased walking endurance. The novelty of the sport makes it more interesting as participants learn fun new ways to keep themselves fit. Mdm June Ong, a member of Tango's kickboxing programme, is one of the many who relate to this. "Most of us have never done kickboxing before. Enrolling in this programme allows us to try out something new, have fun, and keep ourselves active and fit at the same time."



"I like that the instructors teach us different combinations of punches and kicks. Whether it is in terms of sequence, speed, or frequency, each set of moves is slightly different from the last, which keeps the lessons fresh and fun," Mdm Ong added.

Launched in October, Tango's kickboxing classes are led by our trainers and adapted to be non-combative, making it a safe sport even for older adults, while keeping the same level of fun and enjoyment! With the pandemic, class sizes are kept small with safe distancing measures in place, and our training equipment are sanitised regularly so that our members can attend the classes with a peace of mind. Tango's kickboxing classes are available at **NTUC Health Active Ageing Hubs (Bukit Batok West, Jurong Central Plaza and Kampung Admiralty)**. For more information on Kickboxing and other fitness programmes offered by Tango, please call **9004 7681** (Kampung Admiralty) or **9028 2440** (Jurong Central Plaza, Bukit Batok West), or visit tango.ntuhealth.sg.

LIVE WELL

You are what you eat! Staying active is key to a healthy lifestyle, and so is eating healthy! With the ongoing battle against COVID-19, it is important to ensure we get the nutrients we need to build a strong immune system! Check out these immunity-boosting vitamins and the foods they can be found in to keep yourself healthy!



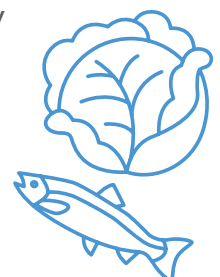
Vitamin C

Vitamin C is one of the biggest immune system boosters. Adequate amounts of this vitamin will keep us from falling sick, and protect our bodies against illnesses, such as cardiovascular and eye diseases. It is recommended to have vitamin C-rich foods such as oranges, grapefruits, strawberries, bell peppers, broccoli, and spinach, every day.



Vitamin B6

This is the vitamin that produces white blood cells and T cells, which help maintain the body's immune system. These cells help to protect your body by fighting off any invading foreign organisms such as viruses and bacteria that may pose a threat to your health. Green vegetables, chickpeas, chicken, and cold-water fish such as salmon and tuna are some foods that are rich in vitamin B6.



Vitamin E

Vitamin E is an antioxidant that protects the body and organs from damage by substances known as free radicals. This vitamin is also essential for the body to produce red blood cells, and aids in preventing blood clots by widening blood vessels. Vitamin E can be found in various foods, such as sunflower seeds, peanuts, almonds, spinach, pumpkin, asparagus, avocado, and mango.



Now that you've learned about these nutrients and how they help keep us healthy, try making this broccoli lemon chicken dish, made from ingredients packed with the above immunity-boosting vitamins!

Check out the recipe here: bit.ly/39bhVz6

BE MORE THAN JUST A VOLUNTEER!

Have a skill to share? Or want to lend a helping hand to those in need? If you are 50 years old and above, and are able to volunteer at least once a week, we welcome you to join us today!

With a variety of volunteering opportunities, there is something for everyone! What's more, we also organise regular training workshops for our volunteers to meet and learn from one another!

- **BEFRIENDER**
Make friends with fellow seniors and provide them with companionship and a listening ear.
- **MAKAN KAKI**
There's no better way to foster new relationships with others than through food and drinks! Join fellow seniors for a meal and make their mealtimes more enjoyable!
- **FITNESS KAKI**
It is always more fun to exercise with a buddy! Take part in fitness sessions with fellow seniors and motivate one another to stay active!
- **ACTIVITY FACILITATOR**
Plan and lead fun and engaging activities for seniors and fellow volunteers!
- **COMMUNITY HANDYMAN**
Lend a hand to fellow seniors who need help with basic home repairs.

Our Volunteering Programme is available at the following locations:

NTUC Health Day Centre for Seniors (Heartbeat@Bedok)
11 Bedok North Street 1 #02-02
Singapore 469662

NTUC Health Day Centre for Seniors (Serangoon Central)
264 Serangoon Central #01-207
Singapore 550264

Join us in putting a smile on someone's face today!
For more information, call us at **9028 2474** (Bedok) / **6214 3023** (Serangoon).

Register now: bit.ly/Tindreg



TANGO'S 2ND ANNIVERSARY GIVEAWAY

What is your favourite memory of Tango? Was it the fun adventures you had with fellow members, or a new skill that you picked up at our workshops, or when you successfully achieved your fitness goals? Simply share your favourite memory with us by 15 Jan 2021 and the first 30 eligible submissions will receive a free backpack!

Giveaway is open to Tango members and volunteers only. Winners will be contacted by 31 Jan 2021. Terms & Conditions apply.

Submit your entry at bit.ly/Tango2GA today!



SAVE THE DATE!

Upcoming Activities In The Community

Looking for something fun to do? Check out the following activities and events! Do check in with the organisers closer to the date in event of last minute changes.

ACTIVITY	DATE/TIME
CONNECTING PLANTS AND PEOPLE EXHIBITION FREE Discover how people and plants of past and present come together through a love for gardening! 📍 Singapore Botanic Gardens, CDL Green Gallery @ SBG Heritage Museum 🌐 bit.ly/3nNwxsL	Now - 14 Mar 2021
NKF RUN INSPIRED Run and raise funds to help make dialysis treatment more affordable for kidney patients in need! 📍 Various locations 🌐 bit.ly/3gYeVYE	11 Jan 2021 - 31 Jan 2021
STEP-BY-STEP GUIDE TO DRAWING DISNEY CHARACTERS FREE Learn how to draw your favourite Disney characters from the team at Disney Hollywood Studios. 📍 Online 🌐 bit.ly/3JVAD04	Anytime

CONTACT US

📍 Tango Office - Braddell Heights Community Hub, 264 Serangoon Central #01-205, S(550264)
☎ 6214 3023 ✉ tango@ntuchealth.sg 🌐 tango.ntuchealth.sg

An initiative by:



NTUC Health is an NTUC social enterprise that provides a comprehensive and integrated suite of quality and affordable health and eldercare services to meet the growing needs of families and their dependents. For more information, please visit ntuchealth.sg.

与我们一起 Tango



强身健体



近年来，越来越多乐龄人士更加关注自己的健康，而专门为这个年龄层的人士推出的健身计划颇受欢迎。混合健身（Crossfit）、高强度间歇训练法（HIIT）和搏击操——这些都是越来越流行的有氧健身运动。

有氧健身运动的主要目的是加强和保持心脏健康。这种运动不仅能增强耐力并提高整体健康水平，也能降低血压，改善免疫系统。特别是搏击操，它需要您在不同的姿势练习出拳和踢腿，这种方式可以提高身体灵活性、平衡性以及手臂和腿部肌肉的力量。此外，根据专家的说法，出拳或踢腿击打目标的动作还有助于提高大脑与肌肉之间的协调性和身体的反应能力。¹

“参加这个课程可以让我们尝试一些新的事物，享受乐趣，同时保持我们自己的活力和健康。”

MDM JUNE ONG, TANGO会员



¹ Linda Arslanian, 布莱根妇女医院 (Brigham and Women's Hospital) 物理治疗师及康复服务主任

最近一次对完成12节Tango搏击操课程的参与者所进行的评估显示，超过27%的人提高了下肢力量，50%以上的人在行走耐力方面得到增强。这项运动的新奇性使它变得更加有趣，因为参与者可以从中学到保持身体健康的全新趣味方法。Mdm June Ong是Tango搏击操课程的学员，也是在这方面取得成效的众多受益者之一。“我们大多数人以前从来没有练过搏击操。参加这个课程可以让我们尝试一些新的事物，享受乐趣，同时保持我们自己的活力和健康。”

“我喜欢教练教我们不同的出拳和踢腿动作。无论是在顺序、速度还是在频率上，每一组动作都和上一组略有不同，这让我们的课程随时保持新鲜感，并充满乐趣。”Mdm Ong补充说。



十月份推出的Tango搏击操课程由我们的教练亲自指导，并根据非战斗性的特点对内容进行了优化，成为既适合乐龄人士又能享受同样乐趣的安全运动项目！考虑到新冠疫情的影响，课程都以较小的班级规模举办，并采取保持安全距离的措施。我们的训练设备也会定期消毒，让我们的学员能够安心上课。我们将在**职总保健活跃乐龄中心（武吉巴督西，裕廊中央广场和海军部村庄）**举办Tango搏击操课程。欲了解有关搏击操和Tango举办的其他健身课程的更多信息，请致电**9004 7681**（海军部村庄）或**9028 2440**（裕廊中央广场，武吉巴督西），或浏览tango.ntuhealth.sg。

健康饮食

您的饮食决定了您的身体状况！保持运动是健康生活方式的关键，但健康饮食也必不可少！我们正在全力以赴抗击新冠病毒，而重要的是确保我们的身体得到所需的各种营养，以建立一个强大的自身免疫系统！让我们来看看这些能够增强免疫力的维生素，以及它们可以从哪些食物中摄取，以保持身体健康！



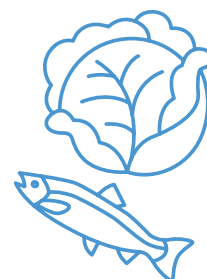
维生素C

维生素C是最强大的免疫系统助推器之一。充足的维生素C可以防止我们生病，保护我们的身体免受心血管疾病和眼部疾病等问题的影响。建议每天食用富含维生素C的食物，如橙子、葡萄、草莓、青椒、西兰花和菠菜。



维生素B6

这种维生素可以产生白细胞和T细胞，帮助维持身体的免疫系统。病毒和细菌等任何外来生物可能会对您的健康造成威胁，这些细胞将有助于保护您的身体抵抗这种侵袭。绿色蔬菜、鹰嘴豆、鸡肉以及鲑鱼和金枪鱼等冷水性鱼类都是富含维生素B6的食物。



维生素E

维生素E是一种抗氧化剂，可以保护身体和器官免受自由基的损害。这种维生素也是身体产生红细胞的必备元素，并且通过扩张血管来防止血液凝结。维生素E存在于各种食物中，如葵花子、花生、杏仁、菠菜、南瓜、芦笋、鳄梨和芒果。



现在您已经了解了这些可以增强免疫力的营养物质以及它们是如何帮助我们保持健康的，那么就让我们用富含这些维生素的食材来做这道西兰花柠檬鸡料理吧！

请在这里查看食谱：
bit.ly/39bhVz6

不止做一名志愿者！

您拥有可以分享的技能吗？您想向需要帮助的人伸出援手吗？如果您的年龄在50岁及以上，并且每周至少能做一次义工，那么非常欢迎您立刻加入我们！

这里有各种志愿服务机会，必有一样适合于您！更重要的是，我们定期举办培训工作坊，让我们的义工们彼此了解，相互学习！

- **心灵扶助者**
结交乐龄人士，陪伴他们，聆听他们的故事。
- **MAKAN KAKI**
通过品尝美食来认识新友、增进友谊是交友的最好方式！与乐龄人士共进餐，让他们的用餐时光更加愉快！
- **健身KAKI**
与朋友共同锻炼总是更加充满乐趣！一起参加乐龄人士的健身课程，相互激励，保持活力！
- **活动组织者**
与其他义工们合作，为乐龄人士策划和举办趣味无穷的参与性活动！
- **社区杂工**
向那些在家庭基本维修方面需要帮助的乐龄人士伸出援手。

我们在以下地点提供志愿服务项目：

职总保健乐龄日间中心（勿洛心动大厦）
勿洛北1街11号 #02-02 新加坡 469662

职总保健乐龄日间中心（实龙岗中路）
实龙岗中路 264号 #01-207 新加坡 550264

立即加入我们，帮助乐龄人士绽放笑容吧！如需了解更多信息，请致电 **9028 2474**（勿洛） / **6214 3023**（实龙岗）。

立刻报名：bit.ly/Tindreg



TANGO 2周年赠品活动

关于Tango，最值得您回忆的是什么？是您与其他会员一起度过的有趣时光，还是在工作坊中学习到的新技能，还是您成功实现了健身目标的时候？只需在2021年1月15日之前与我们分享您最喜欢Tango的记忆，前30个符合条件的提交将可获得一个免费背包！

此赠品活动仅限Tango会员及义工参与。我们将于2021年1月31日之前与获奖者联系。此活动附带条件和条款。

立即参加：bit.ly/Tango2GA



活动日期

即将开展的社区活动

您是否正在寻找一些有趣的事情？来看看下面的活动和安排吧！有意者，请直接联系主办单位以获取及时的信息。

活动内容	日期
CONNECTING PLANTS AND PEOPLE 展览 免费 来发现过去和现在的人类与植物如何通过园艺融为一体！ 📍 Singapore Botanic Gardens, CDL Green Gallery @ SBG Heritage Museum 🌐 bit.ly/3nNwxsL	即日起至 2021年3月14日
NKF RUN INSPIRED 参与赛跑并筹集资金，让需要肾脏护理的患者更容易接受透析治疗！ 📍 多个地点 🌐 bit.ly/3gYeVYE	2021年1月11日至 31日
迪士尼动漫人物绘画指导 免费 跟迪士尼好莱坞工作室的团队学习如何画出您最喜欢的迪士尼动漫人物。 📍 任何地点 🌐 bit.ly/3JVAD04	任何时间

联系我们

📍 Tango 办公室 – Braddell Heights Community Hub, 264 Serangoon Central #01-205, S(550264)
☎ 6214 3023 ✉ tango@ntuhealth.sg [🌐 tango.ntuhealth.sg](https://tango.ntuhealth.sg)

发起机构:



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