

Tango

WITH US!



IN THE SPOTLIGHT

71-year-old Mdm Alice Wong is one of the pioneer members of Tango, having joined us in November 2018. Before the suspension of Gym Tonic due to the COVID-19 outbreak, Mdm Wong used to attend the classes twice a week together with her husband.

“After attending Gym Tonic, I can feel that my arm and leg muscles have become stronger. My husband used to have difficulty maintaining his balance when walking, but now he walks with more stability and confidence!” Such results observed by Mdm Wong and her husband serve as a great source of motivation for them to continue taking part in Gym Tonic, a strength-training programme led by professionals using our elderly-friendly gym machines.

Mdm Wong also participated in several social activities offered to Tango members in her free time, such as educational talks, craft, and digital workshops. Her favourite activity is the Pastel Nagomi Art workshop which was held late last year, where our members learnt how to paint with their fingers and soft pastel chalks.

For more information on Gym Tonic and the social activities offered at Tango, please call **6214 3023** or visit tango.ntuchealth.sg.

“My favourite has to be the pastel art class. Who knew that taking a few minutes to draw whatever comes to mind with so many different colours could be so therapeutic! I liked it so much that I even asked my grandchildren to join me in the activity. I would definitely recommend this to others as well.”

MDM ALICE WONG, TANGO MEMBER



Mdm Wong posing with her masterpiece, isn't it beautiful?

TANGO AT HOME

In response to COVID-19, our Gym Tonic sessions and counter services have been suspended until 1 June 2020, in line with the Ministry of Health's advisory.

In the meantime, we have put together a list of activities and exercises that you can try out at home! Read on to find out how you can continue to live well and live strong!

LIVE WELL

Not sure what else you can do at home other than reading the papers and watching the television?

1. Learn a new recipe

Always wanted to try out a new recipe? Check out this page for recipes to some quick and healthy local dishes: <https://bit.ly/3auxFKo>



2. Start a journal

Penning down your thoughts and feelings carry more benefits than you think. Not only can it help to clear your mind and relieve stress, it can also help to improve your memory!



3. Create your own mini garden

Did you know you can grow your own vegetables from leftover scraps? Find out how you can do so with onion bottoms and potato eyes which would otherwise be thrown away here: <https://bit.ly/2RUCLt5>

4. Catch a virtual concert

With events being cancelled and venues closed, many artists are turning to online platforms to connect with fans. Visit <https://bit.ly/3eHbaoV> for a line-up of music livestreams available for free during this period of time!



5. Take part in free online courses / webinars



You are never too old to learn something new! Check out these links and embark on a learning journey in the comfort of your own home: Online courses: <https://bit.ly/2VvqFZJ> Webinar: <https://bit.ly/35cKUw2>

LIVE STRONG

Other than keeping our minds active, it is also important to keep our bodies healthy and strong! Here are some ways you can stay active in the comfort of your own home:

1. Burn Calories By Keeping Your Home Clean

This is a great way to get active if you are new to exercising or keeping to a routine. Simple everyday chores such as vacuuming or sweeping the floor for 30 minutes can burn up to 130 calories. That's 5 teaspoons of sugar!



2. Learn Yoga

Not only does yoga train your core and improve flexibility, it also helps in calming the mind. If you are new to yoga, check out this 18-minute Chair Yoga tutorial that is great for beginners: <https://bit.ly/2SXDV5R9>



4. Get Your Adrenaline Pumping

Check out a series of exercise videos such as Chair Zumba and Taichi developed by NTUC Health's Rehabilitation and Wellness team here: <https://bit.ly/3eGrEX3>

Alternatively, you can also try out a 3-minute workout routine prescribed by our Physiotherapist in the next section too.



3. Dance Your Heart Out

Fancy a dance session? Check out this Retro Dance Exercise by the Health Promotion Board here: <https://bit.ly/3bxQBjt>



3-MINUTE WORKOUT AT HOME!

Many of you have shown significant improvements in your physical functions after attending the Gym Tonic sessions. In order to maintain your strength, balance, and stamina for everyday tasks, you are encouraged to follow a structured exercise routine daily.

Here are 2 routines that will help you to do so! Before you start, make sure you have a table or chair next to you for support when needed. Perform each move as many times as you can in 30 seconds while maintaining a right posture.

Each routine consists of 3 exercises and will only take you 3 minutes, so what are you waiting for? Let's get started!

Disclaimer: Stop immediately if you experience pain when doing the exercises. Consult a doctor if the pain persists for three days after exercising.

BUILD YOUR STRENGTH AND IMPROVE YOUR BALANCE



Squats



Hip abduction



Single leg balance

1. SQUATS

- Raise both arms in front while keeping your back straight.
- Lower your body to a squat. Make sure you push your buttock backwards such that your knees are aligned with your toes.
- Hold and count to 3, then slowly rise.
- Repeat until 30 seconds is up.

2. HIP ABDUCTION

- Hold a chair or table with your right hand for support.
- Swing your left leg sideways while keeping your back straight, then bring it back to original position.
- Do this for 15 seconds, and repeat on the other side for another 15 seconds.

3. SINGLE LEG BALANCE

- Hold a chair or table, and lift up your leg while keeping your balance.
- Hold for 5 seconds before doing the same for the other leg.
- Keep your hip and ankle steady. Alternate between both legs until 30 seconds is up.

BUILD YOUR STRENGTH AND MAINTAIN YOUR STAMINA



1. HIP FLEXION

- Lift your right leg up to form a right angle at the knee. Hold for 1 to 2 seconds, then bring it back down.
- Repeat with your left leg.
- Alternate between your left and right leg until 30 seconds is up. Take your time, try to keep your balance!



2. BACKWARD STEPPING

- Place your hands on your hips, or grab on to a chair or table for support.
- Take a step back with one foot, then return to original position.
- Alternate between your left and right leg until 30 seconds is up.



3. PUNCHES

- Stand with your feet shoulder width apart, punch your right arm forward at shoulder level, with the other arm at your waist level.
- Next, punch your left arm forward as you bring your right arm back to your waist. Keep your elbow relaxed during the punches.
- Alternate between both arms until 30 seconds is up. You can try this out at a faster pace too!



Everyone has a part to play in minimising the spread of the COVID-19 virus. Let's do our part and be socially responsible by staying home. Take care and stay safe!

CONTACT US

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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 ntuhealth.sg.

与我们一起 Tango



本期亮点

71岁的Mdm Alice Wong于2018年11月加入我们，是Tango成立初期便加入的成员之一。在由于COVID-19疫情爆发而“健得力”（Gym Tonic）关闭之前，Mdm Wong和丈夫每周都会一起上两次的课程。

“参加Gym Tonic后，我感觉我的手臂和腿部肌肉变得更强壮了。我丈夫过去走路时很难保持平衡，但现在他走路更平稳也更有信心了！”这也激励Mdm Wong和丈夫继续参加Gym Tonic。Gym Tonic是一项专门的肌力训练，由专业人士指导，使用乐龄友好型健身器材。

此外，Mdm Wong也积极参与Tango为会员参举办的社交活动，如教育讲座、手工制作工作坊及数码教学工作坊等。她最喜欢的活动是去年年底举办的和谐粉彩美术工作坊，会员们学会了如何利用手指和粉彩画画。

想了解更多有关Gym Tonic课程和Tango社交活动的详情，请致电6214 3023或浏览tango.ntuhealth.sg。

“我最喜欢的活动是和谐粉彩美术班。没想到只花几分钟，用这么多不同颜色画出想画的东西会对身心健康如此有益！我非常喜欢这个活动，甚至邀请孙子们来参加。我当然也会把这个活动推荐给其他人。”

MDM ALICE WONG, TANGO会员



Mdm Wong与她的杰作合影，是不是很好看？

在家TANGO

为应对COVID-19疫情并遵循卫生部的建议，我们的Gym Tonic健身课程和柜台服务将暂停至2020年6月1日。

与此同时，我们整理出一份活动和锻炼清单，让您在家里尝试！请继续往下阅读，发掘怎样在这期间继续保持活跃，维持健康！

保持活跃

除了看报纸和看电视，不知道在家还能做什么？试试以下活动吧！

1. 学习新食谱

一直想尝试新食谱？浏览以下网页，查找一些容易准备且健康的本地菜肴食谱：
<https://bit.ly/3auxFKo>



2. 开始写日记

写下想法和感受比您想象中更有用。它不仅可以帮助您理清思路、缓解压力，还可以帮助您提高记忆力！

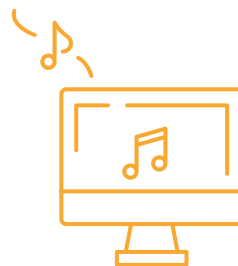


3. 建造自己的小花园

您知道吗？您可以利用剩菜种出新鲜蔬菜！浏览以下网页，看看我们经常丢弃的葱头和马铃薯眼可以做什么： <https://bit.ly/2RUCLt5>

4. 参加虚拟音乐会

随着活动取消和场馆关闭，许多艺术家转向网络平台与粉丝维持互动。浏览<https://bit.ly/3eHbaoV> 了解在此期间免费的音乐直播有哪些！



5. 参加免费的在线课程/网络讲座

活到老，学到老！浏览以下网页，在家里舒适地展开您的学习之旅：

在线课程：<https://bit.ly/2VvqFZJ>

网络讲座：<https://bit.ly/35cKUw2>

维持健康

除了保持思想活跃，保持身体健康和强壮也很重要！以下是一些方法让您在家中舒适地保持活跃：

1. 保持家里干净，燃烧卡路里

如果您刚开始锻炼，这是一个保持活跃的好方式。每天完成简单的家务，如吸尘或扫地30分钟可以燃烧高达130卡路里的热量。那相等于5茶匙的糖！



2. 学习瑜伽

瑜伽不仅能锻炼您的核心肌肉、提高柔韧性，还能帮助您平复心情。如果您是瑜伽新手，以下这个18分钟的椅子瑜伽教程会很有帮助：
<https://bit.ly/2SXDV5R9>



4. 激动人心的运动

浏览以下网页，观看由职总保健综合医疗保健团队推出的一系列运动视频，如坐式尊巴（Zumba）和太极：<https://bit.ly/3eGrEX3>

或者，您可以尝试我们物理治疗师推荐的3分钟日常锻炼（下一节）。



3. 尽情跳舞

想跳舞吗？您可以在保健促进局的网站观看这个复古舞蹈教程：<https://bit.ly/3bxQBJt>

3分钟居家锻炼健身操！

许多人在参加Gym Tonic课程后，身体机能有了显著的改善。为了保持日常活动所需的体力、平衡和耐力，我们鼓励您每天进行有组织的锻炼例程。

以下是两套日常健身操，帮助您保持活跃！在开始之前，请确保您身旁有一张桌子或椅子，在必要时支撑您的身体。在30秒内尽可能完成越多动作越好，同时保持正确的姿势。

每一套健身操包括3个动作，且只需要3分钟，您还在等什么呢？让我们开始吧！

免责声明：如果您在做运动时感到疼痛，请立即停止。如果运动后疼痛持续超过三天，请向医生就诊。

增强体力，提高平衡力



下蹲



臀外展



单腿平衡

1. 下蹲

- 背部挺直，向前抬起双臂。
- 下蹲。确保臀部往后退，使膝盖盖和脚趾对齐。
- 保持下蹲，数到3，然后慢慢站起来。
- 重复动作，直到30秒结束。

2. 臀外展

- 用右手抓住椅子或桌子来支撑身体。
- 背部挺直，同时将左腿往外侧面摆动，然后回到原来的位置。
- 重复动作15秒，换腿，再重复动作15秒。

3. 单腿平衡

- 抓住椅子或桌子，抬起腿，保持身体平衡。
- 维持动作5秒，然后换另一条腿。
- 保持臀部和脚踝平衡。双腿交替直到30秒结束。

增强体力，保持耐力



1. 髋屈肌

- 抬起右腿，直到膝盖形成一个90度直角。保持动作1到2秒，然后放下腿。
- 换成左腿。
- 左、右腿交替，直到30秒结束。慢慢来，尽量保持平衡！

2. 向后踩

- 把手放在臀部上，或者抓住椅子或桌子来支撑身体。
- 一只脚向后踏一步，然后回到原来的位置。
- 左、右腿交替，直到30秒结束。

3. 出拳

- 站立，双脚分开与肩膀同宽，将右臂向前出拳（与肩膀同高），另一只手与腰同高。
- 接下来，把右臂放回腰部；同时，左臂向前出拳。打拳时手肘要放松。
- 双臂交替直到30秒结束。您也可以尝试加快出拳速度！



每个人都有责任减少COVID-19的传播。让我们履行社会义务，为控制疫情尽一份力，尽量待在家里。保重身体，注意健康！

联系我们

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