

Tango

WITH US!



IN THE SPOTLIGHT

With the resumption of our services after the circuit breaker period, many of our members have resumed their exercise sessions at our gyms with much enthusiasm!

Take 81-year-old Mdm Low Mew Lin, who is absolutely delighted to be back. “During the Circuit Breaker period, I would do the warm up and cool down exercises that the trainers taught us, but doing that everyday does not compare to a proper Gym Tonic session twice a week,” she shared.

Mdm Low believes that staying active is one of the best ways to keep herself healthy. She used to go for swims twice a week, which she substituted with regular walks when her leg began cramping during swimming. As she became more prone to falls, her daughter encouraged her to sign up for Gym Tonic, a specialised strength training programme for seniors, to maintain her strength and mobility instead.

Now, in her seventh run of the programme, Mdm Low has found that not only did the exercises help to alleviate the pain in her legs, climbing the stairs also requires less effort now.



Mdm Low working on a machine that helps to strengthen her abdominal and back muscles.

TANGO IS EXPANDING!

We are excited to announce the launch of our services at NTUC Health Active Ageing Hub (Jurong Central Plaza and Bukit Batok) starting from August 2020! Stay tuned for more information!



NEW AT TANGO

Is your fitness routine becoming dull? Want a fun workout that gets your heart pumping and whole body moving? We have got just the thing for you! Introducing the newest additions to Tango's family of exercises – Kickboxing and Circuit Training!

KICKBOXING

**Improve your health,
one punch at a time!**

Who says kickboxing is only for the young? This cardiofitness exercise works your body from head to toe, perfect for the young at heart too! Fret not if this is your first encounter with kickboxing and let our experienced instructors take you through each session with fun combinations of punches and kicks specially adapted for individuals aged 50 and above, and suited for new learners!

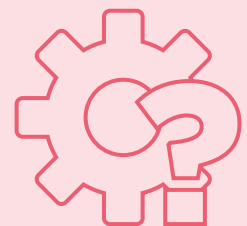
If you are worried about safety, you will be glad to know that our kickboxing programme will not require you to spar with a partner, but instead incorporates punching a trainer's pads or the air.



Why kickboxing?

Kickboxing has many benefits in addition to being fun:

- **Strengthen your postural muscles** (i.e. abdomen, pelvis and back) and improve **cardiovascular fitness**
- Improve your **agility** and **reflexes**
- **Stay fit** and **keep your mind active** at the same time



When and where?

Classes will start in August 2020 at NTUC Health Active Ageing Hub (Kampung Admiralty) and September 2020 at NTUC Health Active Ageing Hub (Jurong Central Plaza).

For more information on the class schedule and pricing, please visit tango.ntuhealth.sg/kickboxing.

CIRCUIT TRAINING

Spice up your exercise routine, one station at a time!

You may have heard of Circuit Training before, but what exactly is it? It's a routine comprising a number of exercise stations carried out in a sequence within a fixed period of time, with short rest periods in between.

What makes our Circuit Training different? At Tango, our Circuit Training consists of two main types of exercises – body weight exercises such as squats, balance training and the agility ladder which target multiple muscle groups at a time; and exercises on our specialised gym machines such as the 'Lat Pull' and 'Leg Press' machines for upper and lower body strength respectively. The gym machines can also monitor your progress over time and are gentle on your muscles and joints too!



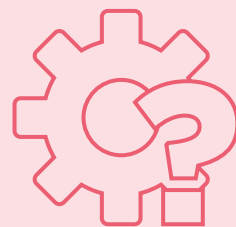
When and where?

Classes will start in August 2020 at NTUC Health Active Ageing Hub (Bukit Batok).

For more information on the class schedule and pricing, please visit tango.ntuhealth.sg/circuit-training.



Why Circuit Training?



Looking for some variety in your workout? This is the perfect programme for you! Our trainers will devise a circuit routine consisting of 8 to 12 exercise stations at appropriate intensities that will be sure to work your whole body! Do each exercise as many times as you can for a few minutes, before moving on to the next one!

Our circuit routine includes all four main components of a good workout:

- The body weight exercises focus on building your **flexibility, balance** and **cardiofitness**
- The specialised gym machines focus on **strengthening** your muscles

Together, this wholesome workout will help you to maintain the strength and agility that you need for day-to-day tasks!



BALANCE (previously known as Rock and Roll)

Spice up your exercise routine with a series of strength, balance, and flexibility exercises, and learn how to protect yourself in the event of a fall with our Balance programme!

Classes will start in September 2020 at Serangoon Central. For more information on the class schedule and pricing, please visit tango.ntuhealth.sg/balance.

Special rate for existing members:
\$160
FOR 13 TRAINING SESSIONS
(U.P. \$180)

ENJOY THE OUTDOORS AT HOME

Although we have entered Phase 2 of Singapore's reopening where many activities are allowed to resume, we are still encouraged to remain home as much as possible. Having been stuck at home for the past few months, it's no surprise you would want to be out and about again. Until it is safe to do so, here are some alternatives you can explore the world from home!

1. Google Earth

<https://earth.google.com>

Dive into local streets and places of interests in other countries, and discover a new part of planet Earth everyday!



2. Google Arts & Culture

<https://artsandculture.google.com>

If arts and culture is your thing, take a tour around museums and explore historical sites all over the world here!



3. Singapore Street Viewer

<https://silveractivities.com/360street>

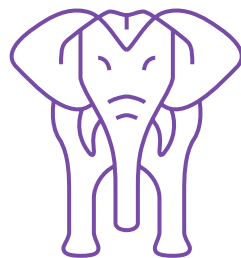
Ever wanted to wander aimlessly along the streets of Singapore and let your feet take you to places you have never been, but afraid of getting lost? Here is a much safer way to do so, with the help of technology! Pick a starting point and click away!



4. San Diego Zoo

<https://zoo.sandiegozoo.org/live-cams>

When was the last time you visited a zoo in another country? Tune in to these 24-hour live cameras and check out how the animals at the San Diego Zoo are spending their day!



5. Space Cam

<https://youtu.be/DDU-rZs-lc4>

Did you know that astronauts see up to 19 sunrises and sunsets in a day in space? Check out how they spend their time in zero gravity, and the exclusive views they get to see from the International Space Station!



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

随着我们的服务在阻断措施第二阶段重新开放，许多会员已经充满热情地恢复了他们的“健得力” (Gym Tonic) 课程！

以81岁的Mdm Low Mew Lin女士为例，她非常高兴能够重新回来。“在阻断措施期间，我会做教练教给我们的热身和缓和运动，但是每天做这些运动也比不上在每周两次的Gym Tonic课程里所达到的效果，”她说到。

Mdm Low认为运动是保持身体健康的最佳方法之一。她过去每周游泳两次，但当她的腿部开始在游泳中抽筋时，就改为定期散步了。随着她跌倒的风险提高，她的女儿便鼓励她报名参加Gym Tonic，以保持她的力量和灵活性。

现在，Mdm Low已经在她的第七次训练课程了，这项运动不仅减轻了她的腿部疼痛，爬楼梯时也不那么费力了。



Mdm Low在一台器械上锻炼，帮助增强她的腹部和背部肌肉力量。

TANGO服务正在扩大！

我们即2020年8月起在职总保健活跃乐龄中心（裕廊中央广场和武吉巴督提供服务）！更多详细内容，后续将陆续公布，敬请期待！



TANGO最新课程

您觉得自己的健身计划单调乏味吗？想要来一次充满乐趣的训练，让精神得到振奋，让身体完全运动起来吗？Tango即将推出新的运动课程—拳击运动和循环训练！

拳击运动

练习拳击，改善健康！

谁说拳击运动只适合年轻人？这是一种从头到脚的有氧运动，对50岁以上的人士也非常有益！即使您第一次接触拳击运动也无需担心，让我们经验丰富的教练带领您完成适合初学者又专门对50岁以上的人士有助的一系列有趣的拳和踢腿动作！

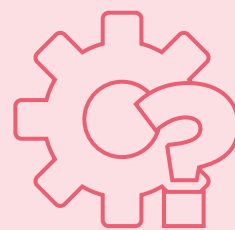
对于安全问题，您大可不必担心，我们的拳击运动课程不要求您与搭档互相搏击，而是击打教练的垫子或练习出空拳。



为什么选择拳击运动？

除了运动乐趣以外，拳击运动还有许多其他好处：

- 加强姿势型肌肉群（如腹部、骨盆、背），改善心血管健康
- 提高反应能力和敏捷性；
- 同时保持身体健康及头脑活跃



时间和地点？

我们将分别于2020年8月在职总保健活跃乐龄中心（海军部村庄），和 2020 年9月在职总保健活跃乐龄中心（裕廊中央广场）举办该课程。

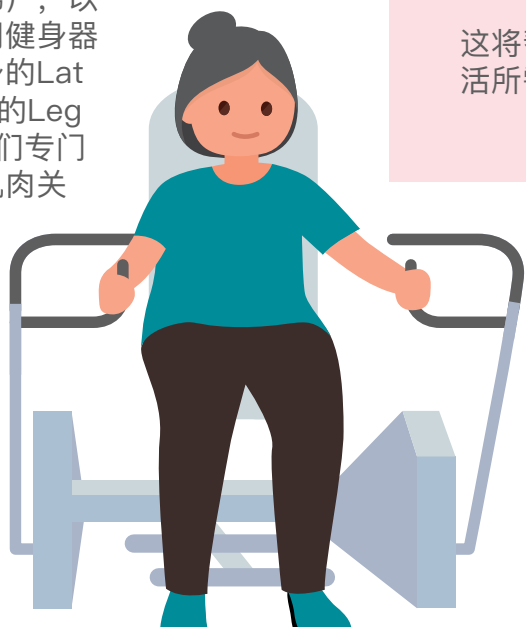
有关课程安排和价格的更多信息，请浏览tango.ntuhealth.sg/kickboxing。

循环训练

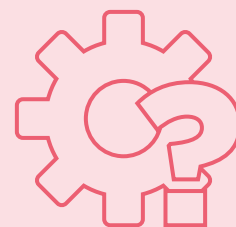
为您的日常锻炼增添趣味，一次一站！

您可能听说过循环训练，但这究竟是什么？这是个在一段固定时间内，依次按照所规定的内容和要求完成一系列组合训练的锻炼方法，中间有短暂的休息。

我们的循环训练课程有什么不同？Tango的循环训练包含了两种主要运动：同时锻炼多种肌肉组织的自体重运动（如深蹲、平衡训练、敏捷梯），以及使用我们的专门健身器械（如锻炼上半身的Lat Pull器材、下半身的Leg Press器材）。我们专门健身器械不但对肌肉关节温和，也能监控您的训练进度！



为什么进行循环训练？



您希望为日常锻炼带来一些变化吗？该课程是您的理想之选！我们的教练会设计一个规循训练，包含8至12个适当强度的组合训练，确保您的全身得到锻炼！在几分钟内尽可能多地完成每项训练内容，然后再进行下一项训练！

我们的循环训练包括以下主要组成部分：

- 自体重训练以改善您的**灵活性、平衡性和心脏健康**为重点
- 专门的健身器械专注于**增强**您的肌肉力量

这将帮助您保持应对日常生活所需的力量和敏捷性！



时间和地点？

我们将于2020年8月在职总保健活跃乐龄中心（武吉巴督西）举办该课程。

有关课程安排和价格的更多信息，请浏览 tango.ntuhealth.sg/circuit-training。



平衡（之前称为Rock and Roll）

通过一系列的力量，平衡和柔韧性运动为您的日常锻炼增添趣味，并通学习如何在摔倒时保护自己。

我们将于2020年9月在实龙岗举办该课程。有关课程安排和价格的更多信息，请浏览 tango.ntuhealth.sg/balance。

Tango会员
特别优惠：
13堂课
\$160
(U.P. \$180)

在家中享受户外运动

虽然我们已迎来阻断措施宽放第二阶段，多数活动都可以恢复，但我们仍然鼓励大家尽量不要外出。过去几个月您不得不留在家中，毫无疑问，您一定渴望到户外活动。在还没有完全安全外出之前，不妨参考以下活动，在家中探索外面的世界！

1. Google 地球

<https://earth.google.com>

深入当地街头巷尾和其他国家的名胜古迹，每天都可以发现这个星球上的新奇事物！



2. Google 艺术与文化

<https://artsandculture.google.com>

如果您喜欢艺术和文化，可以参观一下博物馆，和探索世界各地的历史遗迹！



3. 新加坡街景浏览器

<https://silveractivities.com/360street>

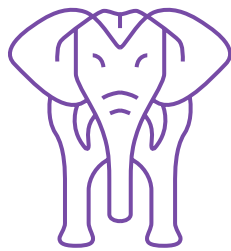
您是否想过在新加坡街头漫无目的的闲逛，让您的双脚带您前往从未去过却又害怕迷路的地方？在高科技的帮助下，这里为您提供了一种更安全的方法！选择一个起点，点击出发吧！



4. 圣迭戈动物园

<https://zoo.sandiegozoo.org/live-cams>

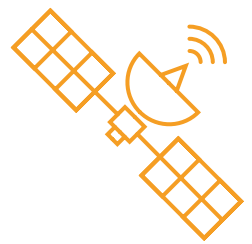
您最近一次在其他国家参观动物园是什么时候？来透过这些24小时直播的摄像机镜头，看看圣迭戈动物园 (San Diego Zoo) 的动物们如何度过它们的一天！



5. 太空摄像头

<https://youtu.be/DDU-rZs-lc4>

您知道宇航员在太空中一天能看到19次日出和日落吗？看看他们在零重力环境下如何生活，以及他们在国际空间站上看到的独特景观！



联系我们

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发起机构:



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