BioSpectrum
the business of Bio & Health Sciences
ASIA EDITION

Active Health Lab starts services in Singapore

January 2, 2018 | News

The lab aims to promote a healthy lifestyle by making health and fitness expertise more accessible to the community.



An initiative by Sport Singapore and its healthcare partners, Active Health Lab has started with its services at Our Tampines Hub, Singapore. It will be opening up soon in Bedok as well.

The lab aims to promote a healthy lifestyle by making health and fitness expertise more accessible to the community. It previously offered health and fitness information sessions when it opened in August last year for a five-month pilot that ended last month.

During the pilot session, the lab helped people measure health indicators such as blood pressure, waist circumference and body composition, which includes the percentage of body fat and muscle mass.

The participants learnt how to cultivate healthy habits through physical activity, screen time, sleep and healthy eating.

At the lab, people are also advised by staff, who are trained in sports science and by Exercise Is Medicine Singapore, on their health goals, based on their health indicators.

Exercise Is Medicine Singapore is part of a global effort to encourage healthcare professionals to incorporate exercise in treatment.

The lab's services are currently free of charge, though Sport Singapore is in the process of determining the charges for services.