

editor's message

Welcome to this issue of Thrive! In this issue, we are focusing on Physical Well-Being as part of your entire well-being.

We have shared some interesting activities and tips on physical wellness so that you can attain better physical and mental well-being.

Go ahead, dive in to find out more about Physical Well-Being and achieving a Healthier YOU.

WHAT'S IN THIS ISSUE:

- Importance of physical well-being
- Stay healthy - Activities and Programmes
- Tips to try

the wellness wheel



adapted from Dr. Bill Hettler's
The Six Dimensions of Wellness Model

The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.

why is physical well-being important?

Studies have shown that physical fitness and mental health are interconnected.

- Helps decrease your risk of developing chronic disease.
- Raises your daily energy and improves your productivity at work.
- Regular exercise improves your physical health and helps to elevate your mood



stay healthy

Did you know..
Health Promotion Board has a variety of
programmes that are easily accessible?



NATIONAL STEPS CHALLENGE



Don't just walk! Clock your steps, you may just earn rewards!

MOVE IT!



Sign up for FREE programmes of varying intensity in Healthy 365 app.

A Special Message

Dear Students,

I'm Alice Winata, and I teach the Motor Skills Development and Music & Movement module at NIEC's City Campus.

This year, digital technologies continue to be a powerful instrument in your learning at NIEC. These technologies have allowed you to study from your home or workplace. Unfortunately, this learning style may have reduced your body movement and given stress to some other body parts. For example, prolonged sitting will add pressure on the kneecap and the joint muscles may become stiff and painful.

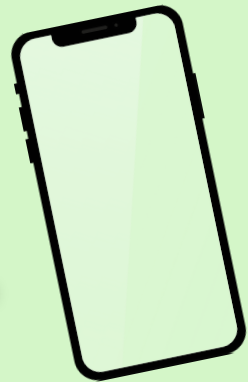
Personally, I **maintain a regular sleep routine** and **go for regular exercise thrice a week in the outdoor environment**. Physical wellness allows you to get the most out of your daily activities without physical stress. **Regular movement, eating well and having a good sleep are some good examples to support physical wellbeing.**


Apart from useful reading materials or tips available in NIEC's newsletter, do regular check ins with your classmates, set a timer to get up and walk around and eat healthily. Let's stay healthy, keep fit to enjoy doing fun activities with the children under your care.

Alice Winata
Lecturer NIEC (City Campus)




If you're an active phone user..



- Avoid low effort, high dopamine activities like checking social media or browsing shopping sites aimlessly during your break.
- Instead, choose break activities that give your mind a chance to relax like brew coffee/tea, do breathing exercises 

Tips for a good night's sleep

- Schedule a "wind down" time every night. You can try this 10-minute bedtime yoga  too!
- Consider having sleep tracking apps in your phone to understand your sleep quality.

You can do it!

Remember.. Our bodies and mind work hand in hand to protect our overall well-being. Till the next **Thrive**, take heart and take care!

For previous **Thrive** editions, [click here](#).



Let your body decide!

Whether you are at a beginner or advanced level, there are many trails and spots you can hit on our island! You can decide if you would like to walk, hike, cycle... Just be a little adventurous!!! Gather your family members or friends to join you.

1 WALK/HIKE

Choose a walking/hiking trail that suits you - a trail as short as 15 minutes, a trail with water play and sand play for your little ones, or one that allows you to catch the sunrise or sunset!

2 CYCLE

Trade in your ezlink cards for a bicycle and explore our cycling trails - from beginner to mountain biking tracks!

3 WATER ACTIVITIES

For some splashing good fun, why not try kayaking or surfboarding?

references & additional resources

1. Screen for Life - National Health Screening Programme by HealthHub(healthhub.sg)
2. Mental Health: How it Affects Your Physical Health (webmd.com) by WebMD
3. Physical Activity (activehealth.sg)
4. How to take effective breaks (and be more productive) (deprocrastination.co)
5. The Importance of Sleep (healthhub.sg)
6. Physical Activity (hpb.gov.sg)
7. The Ultimate Guide to Wellness in Singapore (timeout.com)

feedback

Click or scan the QR code to share your feedback about the newsletter with us.

Your suggestions are highly appreciated!



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