

Movers and shakers

Some 10,000 people performed aerobics exercises along with Prime Minister Lee Hsien Loong (centre) and Health Minister Khaw Boon Wan at the Padang yesterday to mark the start of a healthy lifestyle campaign targeted at youth.

Organised annually by the Health Promotion Board, this year's National Healthy Lifestyle Campaign, with the theme "Breathe", seeks to encourage healthy and positive lifestyles.

The month-long campaign will feature a series of activities such as talks, concerts and dance events to promote healthy living.

ST PHOTO: NG SOR LUAN

