

Annex A - Details on ActiveSG SMRT Zumba Fitness Workouts

Dates: Every Monday from 9 September to 4 November 2024

Time: 7:00pm to 8:00pm

Location: Esplanade MRT Station (near Passenger Service Centre at concourse level)

Registration link: go.gov.sg/activesg-workouts



**TOGETHER
WE
PLAY**

**ActiveSG SMRT
Zumba Fitness Workouts**

Let's get active with family and friends.
Sign up for **FREE** workouts and have fun!

**Esplanade MRT Station
Mon, 7 to 8pm
9 Sep to 4 Nov**

Register now with MyActiveSG+



Organised by:



In Support of Sport Promotion:



Annex B - Snapshot of topline findings from the 2023 NSPS

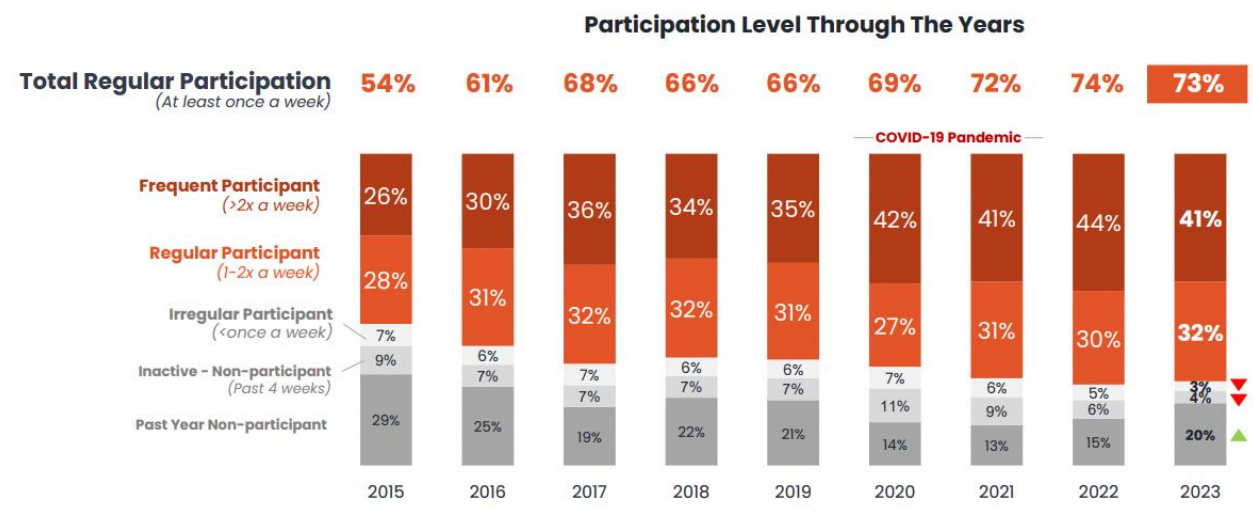
The National Sport & Exercise Participation Survey is Singapore's only national survey on exercise or sport participation among residents aged 13 years old and above. The survey was expanded to cover children 3 to 12 years old from August 2020.

Conducted continuously across the year since 2015 to monitor participation levels in sport/exercise, the NSPS aims to understand the profile of participants and the public's perception of sport/exercise (including their motivations and barriers to participating in sport/exercise).

Below is a snapshot of topline findings from the 2023 NSPS, based on a sample size of 4,142 Singaporeans. For more information, visit <https://www.sportdexsg.gov.sg/>

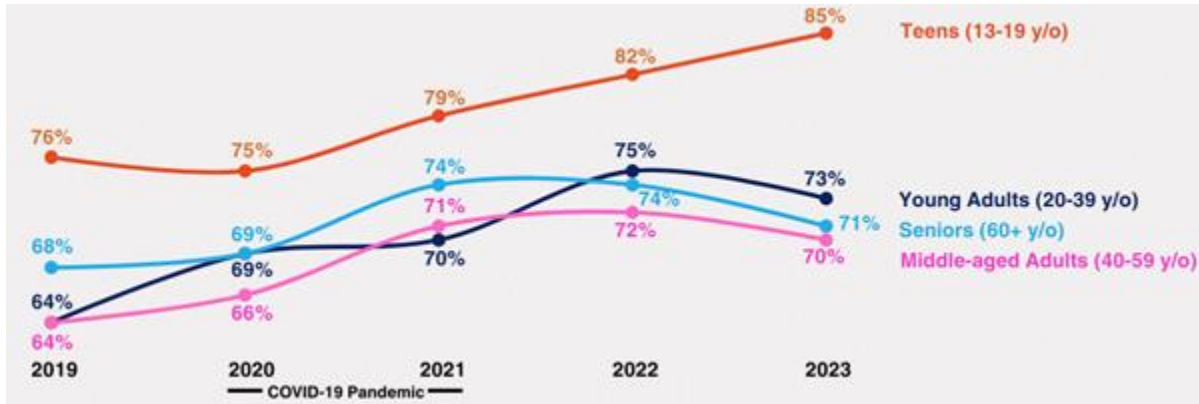
1) Participation levels through the years

The Total Regular Participation level remained high in 2023, with a slight dip in Frequent Participation. There was also an increase in Non-participants as more people resumed pre-pandemic habits and lifestyles amid work pressures.



2) Participation in Sport/Exercise across different life stages

Sport/exercise participation was the highest among Teens and has been increasing since 2020, while it has dipped slightly for the rest.



3) Top Sports/Exercise

The top 5 activities in 2023 remained unchanged from previous years, with slight declines noted for Walking, Jogging, and Cycling.

