

JOIN US FOR THE CENTRALISED SPORTS FOR LIFE (SFL) FITNESS ASSESSMENT (WALK OR RUN TEST) 2023

As part of MOE staff well-being programme under OLive, MESRC will be organising the Centralised Sports for Life Fitness Assessment (Walk or Run Test) 2023 as indicated below. To qualify for the MOE Healthy Lifestyle Incentive Scheme Award, staff must obtain either Gold, Silver or Bronze award for the Sports for Life Fitness Assessment (Walk or Run Test). Staff who meet these criteria are awarded monetary incentives: \$100 for Gold, \$75 for Silver and \$50 for Bronze.



Dates	Time	Venues
29 April 2023, Saturday	7.30am to 9.30am	Evans Road Stadium 21 Evans Road, S(259366)
27 May 2023, Saturday	7.30am to 9.30am	Eunoia Junior College 2 Sin Ming Place, S(573838)
22 June 2023, Thursday	5.00pm to 7.00pm	Anglo-Chinese Junior College 25 Dover Close East, S(139745)
29 July 2023, Saturday	7.30am to 9.30am	Temasek Junior College 22 Bedok South Road, S(469278)
16 September 2023, Saturday	7.30am to 9.30am	Jurong Pioneer Junior College 21 Teck Whye Walk, S(688258)
4 November 2023, Saturday	7.30am to 9.30am	Evans Road Stadium 21 Evans Road, S(259366)
18 November 2023, Saturday	7.30am to 9.30am	Nanyang Junior College 128 Serangoon Avenue 3, S(556111)



2KM WALK TEST



2.4 KM RUN TEST

To register for this event, please click [HERE](#)
OR Scan the QR Code below



Please contact 6460 9863 or email to ahmad_shah_abdul_ghani@moe.gov.sg if you have any queries regarding this event.