

**National Healthy Lifestyle Campaign 2009
Hall 6B, Singapore Expo**

Friday, 6 Nov 2009

(for workplace employees – by registration only)

2:30pm	Stage Games and Activities Commence
4:00pm	Launch of National Healthy Lifestyle Campaign 2009 “Bootcamp Fever” - Mass Workout
4:15pm	Video Showcase of “Lose to Win” Challenge Presentation of Certificate of Appreciation Announcement of Winners of “Lose to Win” Challenge Workplace Telematch – Group 1
5:10pm	Workplace Telematch – Group 2 “Mind My BMI” - an entertaining comedy skit Stage Games
6:45pm	“Team X Jump” Rope-Skipping Performance “What is my BMI?” - Lucky Draw
8:00pm	End

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Saturday, 7 Nov 2009

10:05am	“Bootcamp Fever” - Mass Workout
10:20am	Stage Interaction with MediaCorp Radio Warner DeeJay
11:00am	Stage Interaction with MediaCorp Host Gurmit Singh with “Lose to Win” Participants and TeamFitnessGuru.com
12:05pm	“Mind my BMI” - an entertaining comedy skit
1:20pm	Stage Interaction with MediaCorp Radio Oli DeeJay
2:20 pm	Stage Interaction with MediaCorp Artiste Tay Ping Hui
3:20pm	“Fit & Fabulous” - a fun workout for seniors
4:05pm	Stage Interaction with MediaCorp celebrity hosts Pornsak, Cui Fang & Yuan Shuai with “Lose to Win” Participants and TeamFitnessGuru.com
5:30pm	“Mind my BMI” - an entertaining comedy skit
6:10pm	“Team X Jump” Rope - Skipping Performance
8:00pm	End