



FIT & FAB

FATHERS

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Father's Day is a special time to reflect on the joys of fatherhood. It is easy to overlook the importance of staying active due to the many responsibilities of being a father. However, there are many activities that you and your dad can take part in to stay active. Let's take a look!

GOLFING

While golf does not seem like a very active sport, it can be a fun hobby and still help to improve your coordination, balance, and focus.

If you want to try to get into golf, check out this 90 minutes of golf introduction course.

Scan the QR code and let's get swinging!

Source: <https://www.circlehealthgroup.co.uk/health-matters/mens-health/10-great-benefits-of-playing-golf>



CYCLING

If you're looking for something a little more active, then cycling may be a more enticing activity. A short cycle over the weekend in a nearby park can be refreshing and take your mind off work. It is also a fantastic way to get your heart pumping and burn calories, keeping your body fit and healthy.

Already a cycling enthusiast? Join the my cycling kaki Telegram Chat for updates on exciting events and activities coming your way!

Scan the QR code to find out more:



DRAGON BOATING

Dragon boating offers a physically challenging workout and builds team spirit. This is perfect for active and sporty fathers. It helps improve cardiovascular endurance, strength, and overall fitness levels.

If you are interested, U Sports is organising a fun 2-hour dragon boat orientation programme!

Scan the QR code to find out more:



YOGA

June is a month filled with meaningful occasions, including National Yoga Day, which takes place on 21st of June. National Yoga Day aims to spread awareness about incredible physical, mental, and spiritual benefits that yoga brings.

Yoga offers improved flexibility, stress reduction, and enhanced mental clarity. For fathers, engaging in yoga can be a nourishing and revitalising activity, providing stress relief from daily pressures.

Source: <https://www.healthline.com/nutrition/13-benefits-of-yoga>

