

Health & You Exhibition 2010

Stage Highlights

MILO® Freestyle Football Contest

Calling all freestyle footballers, we're on the lookout for the Ronaldinho of Singapore. The footballer with the best fancy flicks and magical juggling stand to win great prizes.

1 st Prize	: \$1,500 worth of cash and products
2 nd Prize	: \$1,200 worth of cash and products
3 rd Prize	: \$800 worth of cash and products

The semi-finals will be held on Saturday and the finals on Sunday, from 4.30pm to 6pm.

KIT KAT® Yo-Yo Master Contest

Yo-yo masters of all ages are invited to pit their skills against each other and wow the audience with their moves.

1 st Prize	: \$1,700 worth of cash and products
2 nd Prize	: \$1,300 worth of cash and products
3 rd Prize	: \$800 worth of cash and products

The semi-finals will be held on Saturday and the finals on Sunday, from 3pm to 4.30pm.

Five Thematic Zones

1. CYBER WELLNESS

Visitors can find out all they need to know about Cyber Wellness here. Parents can gain a better understanding on positive gaming and be educated on safe Internet surfing as well as learn what parental controls are available.

Computer stations with Internet access will be available for parents to have hands-on experience on online games with their children.

2. HEALTHY TOGETHER

This zone, by the Health Promotion Board, is built around an innovative jigsaw puzzle theme that aims to show how the physical, social and mental aspects of life come together seamlessly in achieving and maintaining good health.

Some of the areas of focus are physical activity, nutrition, smoking cessation, healthy ageing and chronic disease, and mental wellness. The information will be provided in a fun and engaging manner through interactive exhibits such as a virtual soccer pitch.

Visitors can also try their hand at a host of computer-based digital tools, including the following:

- **APRILAGE** takes photos of visitors and shows them the impact of smoking on their appearance as they age.
- **Balancing Act**, where users go through five increasingly challenging levels of balancing their responsibilities – literally.
- **Serve It Up**, where visitors gain practical information on recommended portion size.

HPB staff will be on hand to sign-up visitors for the **Lose to Win Challenge** that aims to inspire and motivate participants to lose weight the healthy way. They will also provide information on chronic disease screening and management as well as counselling visitors who are smokers to quit smoking.

3. SPORTS WELLNESS

This zone, presented by Nestlé Singapore, brings fun to everyone through popular sporting activities that are suitable for fans of any age!

- **Sports Circuit Challenge**
Challenges include Cycling, Row-a-Boat and Running. 3 individuals who can complete the challenge within the shortest time will each win an attractive Nestlé Goodie Bag worth \$100.
- **Have a go at the Sports!**
Featuring sports and games played at the Youth Olympic Games.

4. FAMILY WELLNESS

Here, families can bond while trying out the following fun activities:

- **“We are One”** - *Photo-frame making*
- **“Paint my love”** - *Sand Art*
- **“Hand in Hand”** - *Puppet-making*
- **Cup Stacking Demonstration** - A popular activity that trains hand-eye coordination.

5. CELEBRATE THE GOOD LIFE

Nestlé will host a variety of activities for both the young and old based on the theme “Celebrations”.

- At the Nestlé Celebrate Parenthood Schoolhouse, would-be and young parents can pick up tips, skills and useful information on pregnancy, infant care, caring for young children and many more.
- At the Celebrate Active Living and Celebrate Fitness zones, adults and seniors can look forward to new ideas on how to incorporate an active lifestyle into their everyday lives.
- Capture your good times in a photo with your friends and loved ones at the Celebrate Good Times zone and experience some of Nestle’s premium brands in three specially-designed set studios.

- Free seminars for visitors throughout the two-day exhibition, with topics on food safety, how to keep your cholesterol level in checks, how each of our senses participates in the perception of food products and understanding what you are buying at the supermarkets.

Prizes and goodies up for grabs

Early Bird Gift

1,000 Nestlé goodie bags worth more than \$15.00 each will be given away daily. To redeem, visitors just need to cut out and present a coupon found in either The Straits Times or Lianhe Zaobao on July 2 and 3.

Limited to one redemption per coupon per person.

Shoppers' Draw

5 lucky shoppers stand to win the following great prizes. Simply spend a minimum of \$20 (*limited to five lucky draw coupons per receipt*) for a chance!

- Brompton bike worth over \$2,000.
- Nespresso Citi & Milk C120 worth \$678
- Nespresso Essenza C100 worth \$398
- \$500 cash x 2 winners

Exhibitors' Offers

There will also be great offers by the exhibitors at the Health & You Exhibition 2010. Attractive discounts and offers, gifts with purchase, free samples and many more! To enjoy the offers, simply cut out the coupons found in either The Straits Times or Lianhe Zaobao on 2 and 3 July and present it at the respective booths.