

Workouts, inspiring talks, rejuvenating activities and healthy foods: 4 ways to ‘Get Fit in Mind and Body’

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By Nida Seah

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Our mental and physical health are deeply intertwined. To be truly fit, one needs to work on both aspects of the body.

Helping people do just that is the inaugural health and fitness event Get Fit in Mind and Body. The event is held in collaboration with Oasia Hotel Downtown to commemorate International Stress Awareness Week and this year’s theme of “anxiety”.

Taking place on Oct 28 from 8.30am, the event will be a morning filled with invigorating workouts, inspiring talks, and rejuvenating activities. Participants get to destress and boost energy levels.



First, train your brain and move your body with Sparkd, Singapore's first brain-body gym specialising in improving overall cognitive function, performance, and physical fitness. Hone your dual-tasking skills with circuit stations and cognitive drills using some of the latest technology and gamified equipment.

Then learn about the gut-brain axis from Dr Melvin Look, founder and director of PanAsia Surgery. He will share the importance of gut health and microbiomes on your brain.

This is followed by useful tips on mental health and wellness spanning Eastern to Western therapies like TCM (Traditional Chinese Medicine) and ELT (Electro-Lymphatic Therapy) from physician Sun of Oriental Remedies Group. Try unique heart-shaped cupping for blood circulation or HRV (Heart-Rate Variability) to measure your stress levels at the Oriental Remedies booth.

Finally, sample specially curated food and drinks from like-minded healthy local brands to keep you well-nourished and fuelled for your journey to a healthier lifestyle. Check out Ahimsa Cafe, AWE Super Meals, Jammy's Guiltless Pleasures, Mate Mate, The Shrub Club, Yutaie's Exclusive Food Boutique and Zenko Superfoods for a spread of vegan, keto, plant-based and nutritious treats.

Water and towels will be provided. Tickets are available for purchase on [Eventbrite](#). Each admission ticket valued at \$25 entitles the participant to a goodie bag worth over \$100.

