

PHYSICAL WELL-BEING

You can live a healthier, more active lifestyle in a safe, comfortable, and appealing environment.

Enhancing facilities to encourage active lifestyles

The design of precinct facilities will be enhanced to make exercise fun and convenient.

Enhancing safety and elderly-friendly features

Beyond exercise opportunities, we will enhance the safety of the environment in and around your homes.

Active Design Strategies

Staircases leading to precinct facilities will be designed with wide treads to encourage use in daily routines. Exercise routes are also designed along nature spaces.

Kovan Wellspring – Attractive staircase design with motivational markings



Tampines GreenQuartz – Jogging track along nature spaces with motivational markings

Circuit Training Facilities

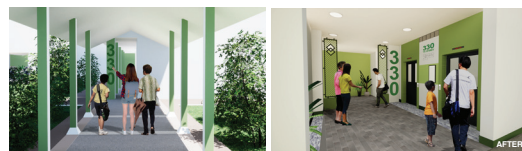
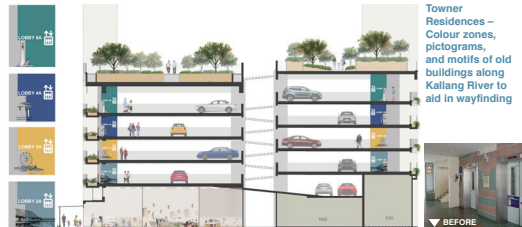
Exercise facilities are strategically located and connected to facilitate circuit training. Fitness equipment will be enhanced to help you to train your agility, balance, flexibility, strength and endurance.

NRP at Woodlands St 81/ 82/ 83/ Ave 4



Pictorial Signage and Visual Cues

Larger graphics, universally understood pictograms and visual cues using colour and motifs can help you to find your way around more easily.



NRP at Tah Ching Rd/ Kang Ching Rd – Colour themed wayfinding

Improved Colour Contrast

Improved colour contrast between grab bars and walls provide greater visual distinction for the elderly.



Artist's impression of better colour contrast between grab bars and the walls in 2-Room Flexi (Short Lease) and under Enhancement for Active Seniors (EASE)

Anda boleh mengesan gaya hidup yang lebih aktif dan aktif dalam pembangunan yang selamat, selesa dan menarik. Kita berhasrat untuk meningkatkan persekitaran yang selamat dan menarik untuk meningkatkan keselamatan pengguna-pengguna yang tinggal di sekitar kawasan ini dengan gaya yang lebih baik dan lebih selamat. Kita berhasrat untuk meningkatkan persekitaran yang selamat dan menarik untuk meningkatkan keselamatan pengguna-pengguna yang tinggal di sekitar kawasan ini dengan gaya yang lebih baik dan lebih selamat.