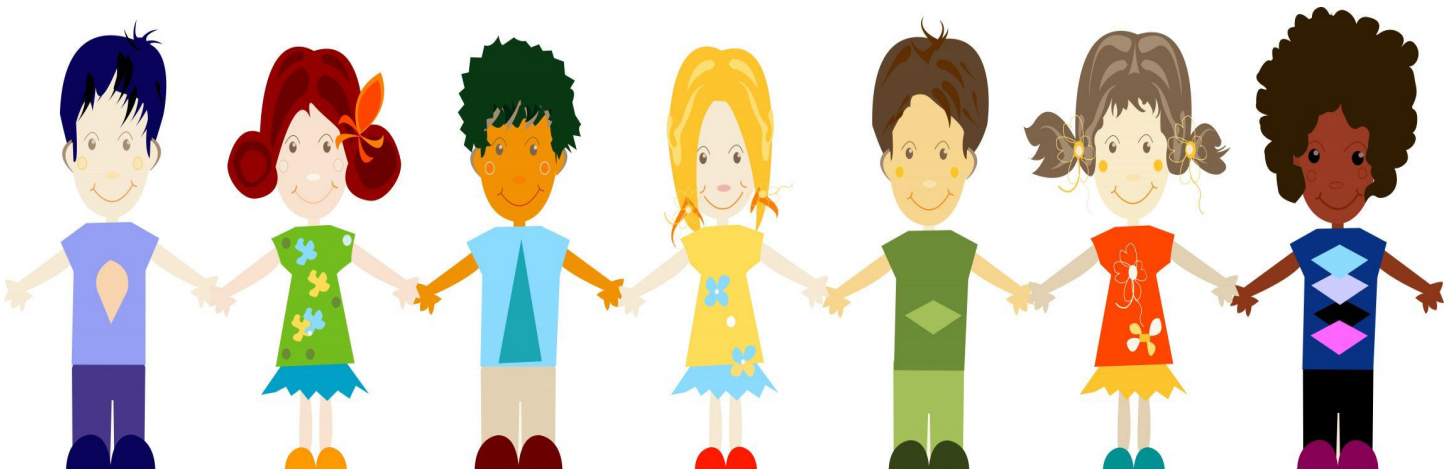




HAND-IN-HAND, HYGIENE & HEALTH

An all new Learning Journey @ HealthZone, Hand-in-Hand, Hygiene & Health brings your students on an adventurous journey through games, quizzes, a virtual shopping trip and a learning trail as they discover the ways to keep their health in tip top condition. For 2½ hours, students traverse through three exciting areas – personal hygiene, nutritious eating and fun exercises.



topic destinations

Personal Hygiene

Pick up simple tips to keep oneself healthy by practising good personal hygiene.

Exciting & Energetic Exercises

Grasp the F.I.T.T. formula to staying fit and work out to a heart-thumping, energetic workout.

Eating To Health

Pick up simple tips to keep oneself healthy by practising good eating habits.

passengers

All primary 1 to 3 students are welcome on board.

passenger fee

\$2.00 per child

Contact us

For bookings & enquiries, telephone us at 1800 435 3616 or email us at HPB_Health_Zone@hpb.gov.sg

