

**EMBARGOED TILL JUNE 22, 11AM**

## **HomeTeamNS Ties up with HUFC to Offer Health and Fitness Programmes conducted by Sports and Fitness Professionals to 3,000 NSmen**

**SINGAPORE, JUNE 22, 2015** – HomeTeamNS and Home United Football Club (HUFC) today signed a Memorandum of Understanding (MOU) to launch a two-year partnership in the areas of health and fitness, NSmen development, and facilities sharing. The signing ceremony took place at HomeTeamNS' Bukit Batok Clubhouse and was graced by Mr Masagos Zulkifli, Minister, Prime Minister's Office, Second Minister for Home Affairs and Foreign Affairs, and President of HomeTeamNS.

“The concept of REAL™ (Regular Exercise, Active Lifestyle) has been a cornerstone of HomeTeamNS's commitment to raise fitness levels among NSmen. Instead of a centralised training concept, we believe that a carefully tailored programme for each NSmen is the way to go to elevate fitness standards and advocate a healthy lifestyle among our NSmen. With the HomeTeamNS-HUFC partnership, programmes such as Optizone and Functional Movement Screening conducted by professional sports scientists at Finess Workz Gyms will help NSmen to identify areas to train efficiently and achieve their fitness goals.” Mr Masagos pointed out.

With the collaboration, HomeTeamNS members can now access personalised health and fitness programmes, learn more about nutrition, enjoy the benefits of sports science technology and consult professional sports trainers.

### **Scientific Diagnostic Programmes add Medical Research to Sports Performance**

As the preferred provider of all sports, health and fitness related programmes, HUFC will, in the first phase of the partnership, provide three key programmes to HomeTeamNS members at its clubhouse premises.

The Optizone Fitness Assessment is the first programme that will be available to members. The programme is based on the science of ergospirometry, an analytic procedure to concurrently

measure respiration and gas metabolism. This method allows for a highly accurate assessment of an individual's cardiac and respiratory function and aids in diagnosing ailments that cause shortness of breath, such as exercise-induced asthma and myocardial ischemia. Such a thorough assessment allows trainers to better prescribe suited training programmes for the participants, especially for NSmen who are involved in cardio-based activities like running, cycling and swimming.

HUFC's Functional Movement Screening (FMS) programme will also be accessible to HomeTeamNS members. Based on years of research, FMS is a grading system that evaluates movement pattern quality in an individual, providing an in-depth profile of an individual's musculoskeletal deficiencies. These could be the result from an area of weakness within the body, lack of symmetry in movement, or inefficient movement patterns. At the end of the test, the individual will be presented with an FMS score which is used to target the problem areas and will be recommended the effective corrective exercises to restore mechanically sound movement routines.

Finally, the Train and Pass Programme, a ten-week, individualised coaching session by NSmen who were former Physical Training Instructors (PTIs) from Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) will also be made available. Designed to help HomeTeamNS men pass their IPPT, Train and Pass is a customised training programme that develops good physical attributes whilst improving nutritional knowledge. Initial reactions from a pilot programme involving six NSmen has been positive.

## **A Trainer Programme to Improve Skills**

HomeTeamNS and HUFC will also jointly develop more programmes and activities to hone the teaching skills and broaden the health and fitness of NSmen. One such course is called the Train the Trainer Program, which will equip HomeTeamNS Gym Trainers and NSmen with the essential knowledge to assist in the running of key programs of the HUFC Sports Performance Centre. In addition, the parties also plan to increase the number of fitness workshops, clinics and courses on various health and fitness issues.

## Facilities are Now Shared

The collaboration will also enable both organizations to share facilities. HomeTeamNS will offer HUFC players the use of its Fitness Workz Gym and swimming pool in its Balestier branch on specified schedules every week with no cost. In exchange, HUFC will provide HTNS a special rate for use of its Home United Youth Academy (HYFA) football pitches to conduct its cohesion programmes.

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### **About HomeTeamNS**

*HomeTeamNS is a non-profit organisation set up to recognise the invaluable contributions of the Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) NSmen to the safety and security of the nation. HomeTeamNS aims to build a greater sense of camaraderie amongst SPF and SCDF NSmen by providing a shared environment for them to network and build bonds through sporting and social activities.*

*HomeTeamNS has a membership base of 189,804 with four clubhouses conveniently located at Balestier, Bukit Batok, Chinatown and Sembawang. For more information, please visit [www.hometeamns.sg](http://www.hometeamns.sg).*

### **About Home United Football Club**

*Home United Football Club (HUFC) is one of foremost professional football clubs in Singapore. 2-time S.League Champions and 6-time Singapore Cup Winners, the club is renowned for its attractive brand of football and its excellent youth development programme which has consistently churned out players for the national teams.*

*The club is also distinguished by its community mission of taking youths off the street and instilling in them, the club's core values of fitness, discipline and commitment. With the opening of the Home United Youth Football Academy in early 2014, HUFC has shown its continued commitment in delivering on this mission while continuing its proud tradition of developing youth for Singapore football.*

### **About Fitness Workz Gymnasium**

*Fitness Workz started in 1996 and was re-launched in 2008. Today we have two fully equipped gymnasium in Bukit Batok and Balestier as well as a studio managed gymnasium in Sembawang with more than 1000 active members.*

*Our mission remains as : To be the most affordable gym, built in with the best equipment and knowledgeable staff for HomeTeamNS Members. Our tagline goes by "Your Fitness Journey Starts Here".*

### **HUFC Sports Performance Centre**

*The Sports Performance Centre (SPC) is a department of the Home United Football Club made up of sport scientists, who conceptualise and implement high quality health and fitness programs. Initially developed and implemented for the professional and youth players of the club, the SPC is now focused on bridging the gap between these professional programs and the general public by providing customised range of testing, training, education and rehabilitation programs.*

*The SPC's mission is to ensure that individuals regardless of background, can stand to benefit from professional, high-quality and customised training, at an affordable cost.*

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