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CITY DEVELOPMENTS LIMITED

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COMMUNITY GETS FIT AT CITY SQUARE MALL

Mall walks and line-dancing make the mall a thriving activity hub for the community

Singapore, 5 November 2010 – City Square Mall, owned and managed by City Developments Limited (CDL) will launch a City Square Mall Walking programme in partnership with Health Promotion Board (HPB) for the community to keep fit and healthy. The programme targets participants of all ages and will be held every Sunday morning at 9am before the mall opens starting from Sunday, 28 November 2010.

“This initiative is a great way for families to get a healthy start to their Sundays through such regular and simple exercise routines at the mall. We believe it will also encourage social interaction as family members and friends bond together while exercising.” said Mr Tan Boon Tuck, Centre Director for City Square Mall.

Everyone is invited to put on their walking shoes and kick-start a new exercise routine at the mall. City Square Mall also hosts mass line-dancing sessions in which the community can participate to keep fit. The sessions are held every first and third Saturday of the month from 6pm to 10pm.

Healthy eating is also encouraged at City Square Mall. HPB has worked with mall tenants like Banquet, a Halal food court in City Square Mall to introduce a “Healthy Together” programme where healthier food options and low calorie meals are recommended to diners. There are also other dining places participating in HPB’s “Healthier Dining” programme like The Coffee Bean & Tea Leaf and Soup Restaurant.

General public can visit www.citysquaremall.com.sg for more information about the mall walk and line-dancing programs. To learn more about the “Healthy Dining” programme, please contact HPB at 64353500.



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Health & Wellness tenants at City Square Mall include Amore Living (Fitness & Spa), Eu Yan Sang, GNC Live Well, Heart Springs Spa, Hockhua Tonic, Kensington Foot Reflexology, London Weight Management, Q&M Dentist Centre, Sinchong, Tang Shan TCM, The Spa-Lon, Wan Yang Health Product & Foot Reflexology Centre, and ZTP Ginseng Birdnest.

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About City Square Mall

City Square Mall is located at the junction of Serangoon and Kitchener Roads and is directly connected to Farrer Park MRT station. Owned & managed by City Developments Limited, City Square Mall is Singapore's first eco-mall and is one of the largest malls in Singapore with 700,000 sq ft of gross retail space. The mall has some 200 tenants that cater to the lifestyle needs of everyone in the family and offers the perfect setting for the community to meet, shop and play while acquiring an eco-learning experience.

City Square Mall is a family-friendly mall recognised by the Businesses for Families Council and is Singapore's first shopping mall to be awarded the prestigious Green Mark Platinum Award by the Building and Construction Authority (BCA) of Singapore.

For more information on City Square Mall, please visit www.citysquaremall.com.sg

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8 WAYS TO FURTHER ENJOY MALL WALKING

Here are some ways to make a simple mall-walking routine more enjoyable:

1. **Partner Up.** You can bring along a family member or friend to walk in the mall. Just make sure both of you have the same fitness level and able to walk at the same pace for the same amount of time.
2. **Window shop.** You can look out for bargains at the same time. Walk by your favourite stores regularly to see what is on sale.
3. **Groove to the Music.** Bring an iPod or mp3 player along and listen to music that moves you.
4. **Make plans for after your walk.** You will be even more motivated if you have something special to look forward to after the walk, like breakfast with friends, or get the shoes you have been eyeing when you walked past the store during your walk.
5. **Play games.** Create your own mall-walking version of the Alphabet game and I Spy, or invent other “mind games”. It will be double the fun if you have friends with you.
6. **Enjoy the scenery.** Malls have attractive decorations and store displays, especially during the holiday season.
7. **Think, dream, and plan.** Use this time to clear your head. Dream about a holiday trip you would like to take, plan a party or celebration, or just think about wonderful things you would like to achieve in the future.
8. **Reward yourself.** Stop for a healthy fruit smoothie or a low-fat snack, treat yourself to a manicure, or have a nice foot massage. These small indulgences not only remind you that you have done something positive for yourself, they also will motivate you to stick with your program.