



Singapore  
Heart  
Foundation  
**Your Heart We Care**



## **SHF Charity Cup Golf Tournament 2022**

27 July 2022, Wednesday | Tanah Merah Country Club (Garden Course)



## VISION

To be a leading heart health movement and a household name in Singapore through educating and motivating the public, assisting those affected and supporting community-based research to better understand the landscape of heart disease in Singapore

## MISSION

To promote heart health, prevent and reduce disability and death due to cardiovascular disease and stroke

## CORE VALUES

**H**onesty and Integrity

**E**nthusiasm and Passion

**A**ccountability and Transparency

**R**esearch and Innovation

**T**eamwork and Collaboration

**S**haring and Caring



MESSAGE BY

# SMS Koh Poh Koon

GUEST OF HONOUR



We are now in the third year of the COVID-19 pandemic. With a high vaccination and booster rate and Safe Management Measures (SMMs), Singapore has effectively kept the severe cases low and averted the worst impact of COVID-19.

As exemplified by our COVID-19 response plan, prevention is better than cure. An excellent national preventive care programme can help Singaporeans live longer, enjoy a much better quality of life, and reduce the burden on the family and the entire healthcare system. This is especially crucial against the increasing prevalence of chronic conditions like high blood pressure and high blood cholesterol in our population. On this note, the newly announced Healthier SG strategy centred on primary preventive care is timely as it boosts efforts to drive early intervention and improve health outcomes for Singaporeans.

The Singapore Heart Foundation, with over 50 years of experience in promoting heart disease prevention to both healthy individuals and heart patients alike, can bolster our national efforts with its wide array of activities and programmes.

As a donor-funded charity, SHF depends on the generosity and kindness from Singaporeans to continue its good works in heart health promotion. And the impact of your contributions will be amplified with the dollar-for-dollar matching on eligible donations through the Tote Board's Enhanced Fundraising Programme for another three years.

Let us give our strong support to SHF in the battle against cardiovascular disease. As you swing your clubs today, know that you are playing a part towards a heart-healthier Singapore.

I wish you good health and a hearty day ahead!

A handwritten signature in black ink that reads "Koh Poh Koon". The signature is fluid and cursive.

**Dr Koh Poh Koon**

Senior Minister of State for Manpower and Sustainability and the Environment  
Member of Parliament, Tampines GRC



SHF CHARITY CUP 2022  
**ORGANISING COMMITTEE**



**Mr Peter Sim**  
Chairman



**Dr Low Lip Ping**  
Co-Chairman



**Mr Joe Chan**  
Member



**Mr Chong Chou Yuen**  
Member



**Mr Goh Chiew Seng**  
Member



**Dr Bernard Kwok**  
Member



**Mr Eric Teoh**  
Member



MESSAGE BY

# DR LOW LIP PING & MR PETER SIM

ORGANISING CO-CHAIRMEN



Aloha! Welcome to the Singapore Heart Foundation (SHF)'s 21<sup>st</sup> Charity Cup Golf Tournament.

Charity golf is the Foundation's key annual fundraising event. Thanks to generous support from many donors, we raised an estimated total of \$400,765.19 last year. These monies have translated into financial assistance for needy heart patients and various free or subsidised programmes under our three core pillars of Prevention, Rehabilitation and Resuscitation, benefitting the hearts of hundreds of thousands of Singaporeans every year.

With the COVID-19 pandemic restricting many of our activities in the past two years, it is no wonder that fewer people are hitting the recommended amount of physical activity. Furthermore, we have also noticed an increase in the number of people with high blood pressure (21.9% in 2017 to 31.7% in 2019/2020) and diabetes (8.8% to 9.5% in the same period), both of which also contribute to failing heart health. As the restrictions ease and we resume our normal activities, SHF will also be stepping up efforts in the battle against cardiovascular disease.

Thank you for supporting our cause financially and taking the lead in making lifestyle changes like taking part in this golf tournament. Studies have shown that golf has clear cardiovascular benefits for players as they walk 6 to 12 kilometres for a single game. According to a report from Sheffield Hallam University, it also helps reduce the risk of dementia.

This year, let us enjoy our Charity Golf Tournament with ho'omaha (Hawaiian for "rest") and relax amidst the stressors of everyday life. Stress is also one of the risk factors for heart disease, and it holds no surprise that Singapore has been ranked the second most overworked city in 2020.

Before we pick up our clubs and swing to a healthier heart, we would like to thank Senior Minister of State for Manpower and Sustainability and the Environment, Dr Koh Poh Koon for taking time off his busy schedule to be our Guest of Honour, as well as our Platinum Sponsor, Tote Board, for their continued support.

Special mention also goes to the Organising Committee, volunteers, management and staff of SHF for all their dedication and hard work in keeping all our hearts strong and healthy.

Once again, a big mahalo (Hawaiian for "thank you") to all of you for being here today. Enjoy your game and stay safe!

Handwritten signature of Dr Low Lip Ping in black ink.

**Dr Low Lip Ping**

Co-Chairman, Organising Committee  
Chairman Emeritus, Board of Directors  
Singapore Heart Foundation

Handwritten signature of Mr Peter Sim in black ink.

**Mr Peter Sim**

Chairman, Organising Committee  
Member, Board of Directors  
Singapore Heart Foundation



**Tote Board's** goal is to help build a flourishing society. We want to inspire positive change and contribute towards building an inclusive, resilient and vibrant community, while fostering a caring and compassionate nation.



As a broad-based grantmaking organisation, Tote Board works closely with stakeholders and partners to support broad and diverse worthy projects in the sectors of Arts & Culture, Community Development, Education, Health, Social Service and Sports. Through these projects, Tote Board helps to uplift the community by giving hope to vulnerable groups and improving the lives of all in Singapore.



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MESSAGE BY

# PROFESSOR TAN HUAY CHEEM

CHAIRMAN, SINGAPORE HEART FOUNDATION



Two years into the COVID-19 outbreak, many organisations have since found their rhythm in the changes brought about by the pandemic, and it is no different for the Singapore Heart Foundation (SHF). From reimagining the way we deliver our mission in these rapidly changing times to reinforcing our programmes and services, we have charted a new path forward in this new normal. This year, we celebrate our achievements which are strong affirmations of our ability to thrive in adversity.

Virtual events and workshops are now no stranger to us. At our annual signature event, National Heart Week/World Heart Day 2021, our team went one step further to engage the public through gamification. We developed Hugopoly, an interactive digital game, to spread heart health knowledge online and motivate users to make healthy lifestyle changes offline. The approach received nods of approval from participants and captured the World Heart Federation's (WHF) attention. They selected SHF for the "Most Inspiring World Heart Day Campaign" award, recognising our step in a new direction.

On the resuscitation front, latest national statistics indicated a jump in the bystander AED application rate from 7.2% to 10.5% and a consistently high bystander CPR rate of 60%, corresponding to an increase in Out-of-Hospital Cardiac Arrest survivors. SHF is honoured to be recognised as a key enabler of this improvement in Singapore's cardiac emergency response and be accorded the Minister for Home Affairs National Day Award and the SGSecure Responders' and Partners' Appreciation Award.

Achieving these recognitions brings joy, but our greatest accolade comes from our beneficiaries who have been given a second chance in life and are thriving because of our work. One example is Mr Shaiful Irwan, a sports enthusiast who suffered a heart attack in June 2020. With professional guidance from our physiotherapists at the Heart Wellness Centre and his personal determination, Mr Irwan regained the fitness and confidence to enjoy sports like before and even completed a 300km cycling race!

We are deeply motivated by these achievements and hope to keep the momentum going with your support.

Thank you for being the wind beneath our wings. It is with your generous donation and commitment that SHF can continue providing quality services without compromise and improve health equity for our beneficiaries. As Singapore eases the COVID-19 measures, we are excited to resume physical events to bring back the human touch with our beneficiaries and foster stronger relationships with partners. Here's wishing you a good game, and may the wind be always at your back!

A handwritten signature in black ink, appearing to read 'Tan Huay Cheem', written in a cursive style.

**Professor Tan Huay Cheem**

Chairman, Board of Directors

Singapore Heart Foundation

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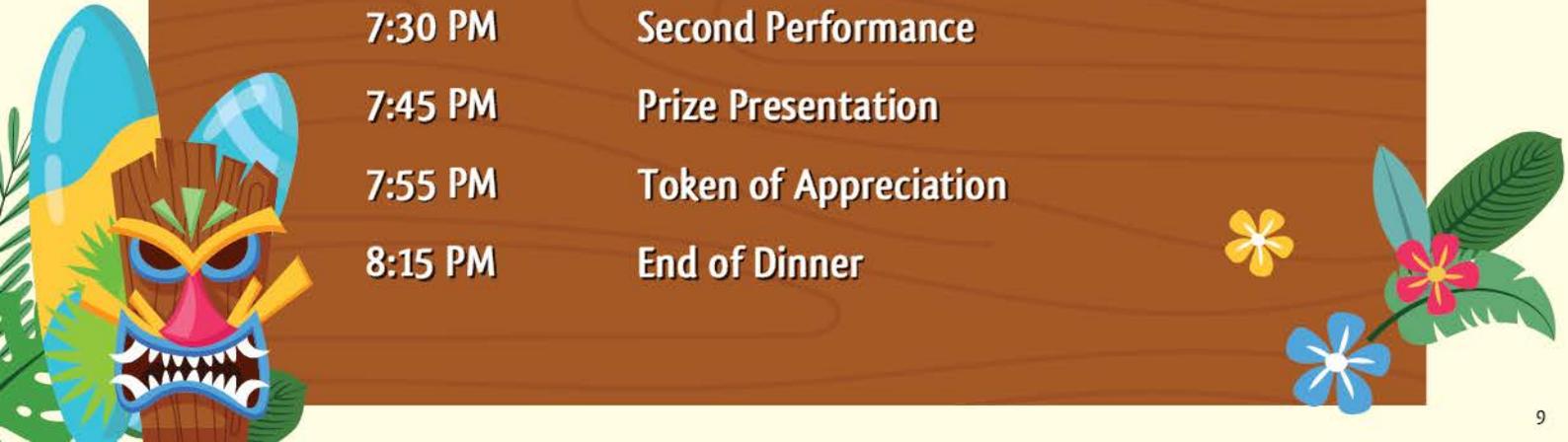
# Programme Schedule

## Time Day Programme

11:30 AM	<b>Golfers' Registration</b> @ Tanah Merah Country Club Golf Reception, Level 2
11:30 AM	<b>Lunch</b> @ Garden Golfer's Terrace
1:00 PM	<b>Assemble at Buggy Bay &amp; Photo-taking</b>
1:15 PM	<b>Shotgun Tee-Off</b>
6:00 PM	<b>Game Ends</b>

## Time Night Programme

6:15 PM	<b>Cocktail Reception</b>
7:00 PM	<b>Opening Performance</b>
7:10 PM	<b>Welcome Speech by</b> Mr Peter Sim, Golf Organising Chairman
7:15 PM	<b>Bon Appetit</b>
7:30 PM	<b>Second Performance</b>
7:45 PM	<b>Prize Presentation</b>
7:55 PM	<b>Token of Appreciation</b>
8:15 PM	<b>End of Dinner</b>



# 10 *WAYS* TO TAKE CARE OF YOUR **HEART**

## EXERCISE



Aim for **150 - 300 minutes** of moderate-intensity physical activity per week

### CHOOSE WATER OVER SUGAR-SWEETENED DRINKS



♥ At least **6-8** glasses a day ♥



### EAT HEALTHY AND REDUCE SALT INTAKE

Fill half of your plate with fruits and vegetables, a quarter with whole grains, and a quarter with lean proteins. In addition, watch your salt intake to manage your blood pressure levels.

### WATCH YOUR CHOLESTEROL

Opt for food low in saturated fat, such as lean meat, fruits and vegetables.

### STOP SMOKING



Do not give in to peer pressure and avoid secondhand smoke

EXCESS WEIGHT INCREASES YOUR RISK OF CVD & DIABETES

Maintain a **HEALTHY BMI (BODY MASS INDEX)**  
18.5 - 22.9kg/m<sup>2</sup>

### ENCOURAGE *Stress-Free* MOMENTS

While stress has not been shown to be a direct risk factor for cardiovascular disease, it is related to high blood pressure, high blood cholesterol, smoking, physical inactivity and overeating. Therefore, it is important to manage it well.

## ★ DO NOT LET A SLIP PUT YOU OFF ★

Get back on track immediately with more determination to establish a healthy lifestyle!

### MONITOR YOUR PROGRESS

Keep track of your achievements in exercise, weight loss or smoking cessation. When you reach a goal, give yourself a pat on the back!



### GO FOR REGULAR CHECKUPS

Have your blood pressure, cholesterol and glucose levels checked regularly. Keep your heart happy for years to come.

SHF CHARITY CUP GOLF TOURNAMENT 2022

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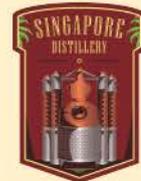
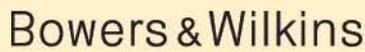
Mr Teo Soon Ann Spencer

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# Golf Warm-up Exercises

Ever find yourself doing poorly on the first few holes, only to “find your rhythm” at the 5<sup>th</sup> or 6<sup>th</sup> hole? You might be skipping an important step in your pre-golf checklist: **the warm-up session**. Much like any other exercise, it is important to get it right with a proper warm-up.

Start by taking a brisk walk or even doing a few slow-motion golf swings to elevate your heart rate and get the blood pumping. Once your core temperature has risen, loosen up those muscles (especially if it’s been a while since you were at the golf course) by doing some stretches, which will help to reduce injury and even improve your performance.

Take 10-15 minutes before your tee-shot to try these exercises the next time you’re on the course, and you might see an improvement in your swing right from the very first hole!

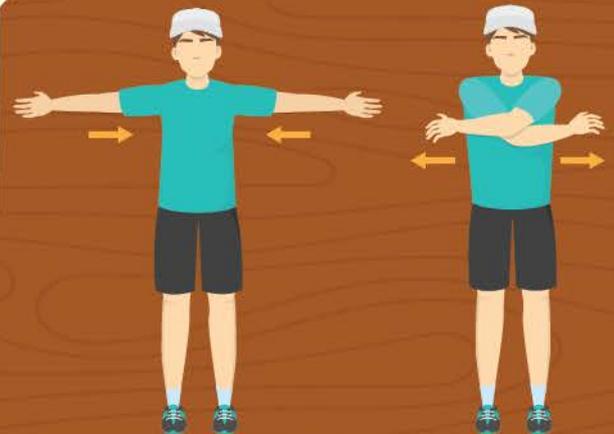
## Know the Difference

**Static stretching** refers to holding a stretch position for a long hold, while **dynamic stretching** uses movement and momentum to stretch a muscle group. Rather than holding a stretch, adopt dynamic stretching, which is proven to help with muscle tightness, thus reducing the risk of injury, as well as improving your swing performance!



## Arms to Chest

With your feet planted comfortably hip-width apart and your spine in a neutral position, stretch your arms to your sides and bring them across your chest in a smooth movement.



Complete 10-15 reps.

## Body Weight Squats

With your feet shoulder-width apart, hold your golf club above your head. Slowly lower into a squat position, ensuring that your knees are kept over your toes and your upper body remains tall. Return to the starting position.



Complete 10 reps.



## Forward Leg Swings

With one hand on a wall, tree or golf buggy for support and the leg closest to the support planted firmly, swing the other leg back and forth.



Complete 10-15 swings on each leg.

## Playing it Safe!

It is common to hear of injuries while playing golf, but many of these injuries can be easily avoided.

### 1. Practice good posture.

The lower back is one of the most common places to injure yourself. Remember that your spine should remain relatively straight, with your trunk tilted forward. Avoid hunching over your ball.

**2. Build strength.** Focus on strength-building exercises, such as those that strengthen the shoulder, core and lumbar muscles. Stronger muscles lead to fewer injuries!

## Wide Grip Twist

Stand tall with your legs as wide as possible and your knees slightly bent, hold your golf club overhead and twist your upper body from side to side within comfort level. Engage your core to avoid twisting your lower body.



Complete 10 reps on each side.

## Reverse Lunge

Stand tall and step your right foot back into a reverse lunge and return to your start position. Step your left foot back and return to your start position.



Complete 10 reps.



## SHF Charity Cup Golf Tournament 2021

The 20<sup>th</sup> edition of the annual SHF Charity Cup Golf Tournament was held at the Tanah Merah Country Club (Garden Course) on 23 Jul 2021. Guest of Honour, Emeritus Senior Minister Goh Chok Tong, graced the event together with 115 donors from the corporate and private sectors.

Due to the COVID-19 pandemic, the Golf Tournament took the form of a staggered timesheet game. Strict safe-distancing measures (e.g. Safe Entry check-in, no intermingling among guests, masking up during the entire golf game, no dining-in) were taken to ensure the safety and wellbeing of golfers, management and staff.



With the challenges brought about due to the COVID-19 pandemic, the theme paid homage to the “Heart Heroes” who continue to contribute towards a heart-healthier nation that is resilient against heart disease and COVID-19.

The event raised a total of \$400,765.19, which will go a long way in providing financial assistance to needy heart patients and their families through difficult times, as well as funding SHF’s various lifesaving programmes.

We were privileged to receive generous support from our Platinum Sponsor - Tote Board, as well as our Gold Sponsors, Mdm Tan Choo Leng and Mr Eddie Tan.



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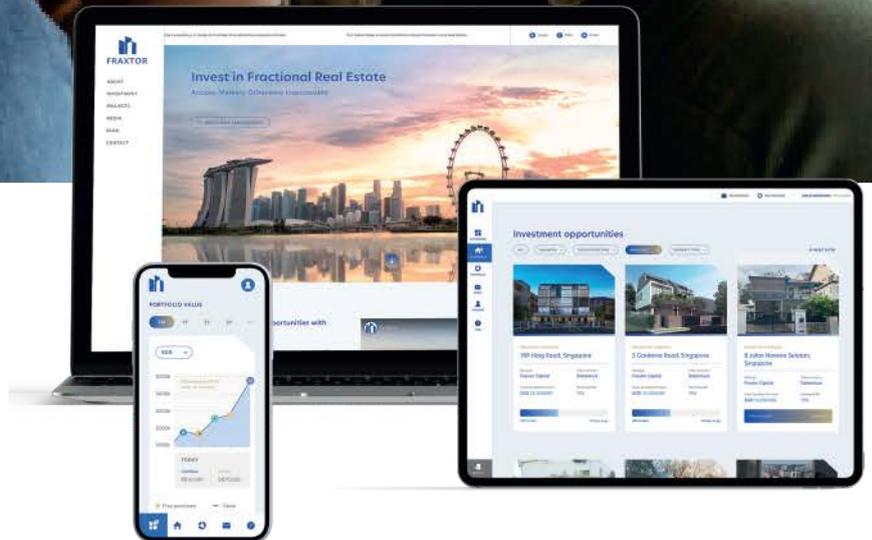


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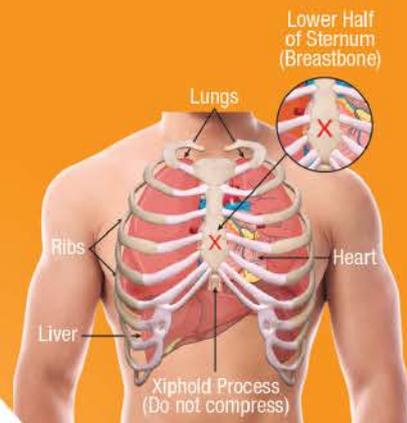
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# CARDIOPULMONARY RESUSCITATION

A life-saving technique everyone should know



Interlace fingers and lift them off the chest wall.



Place the heel of your hand on the lower half of the sternum (breastbone).

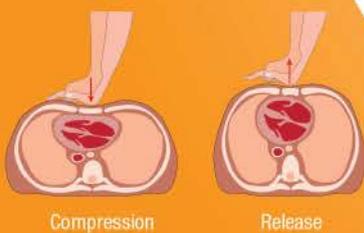
Kneel down with knees slightly apart.

1

## STEPS

The chest should fully recoil (come all the way up) after each compression.

7



Compression

Release

Use body weight to achieve a compression depth of 4-6cm, with a rate of 100-120 compressions per minute.

6

Straighten both elbows and lock them in position.

5

Shoulders positioned directly over the casualty's chest.

4



# SUPPORT NATIONAL HEART WEEK/ WORLD HEART DAY 2022

Join our cause in promoting heart health and be part of this signature event featuring exciting and interactive activities and exhibitions to support Singaporeans in their heart health journey.



< **September**



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