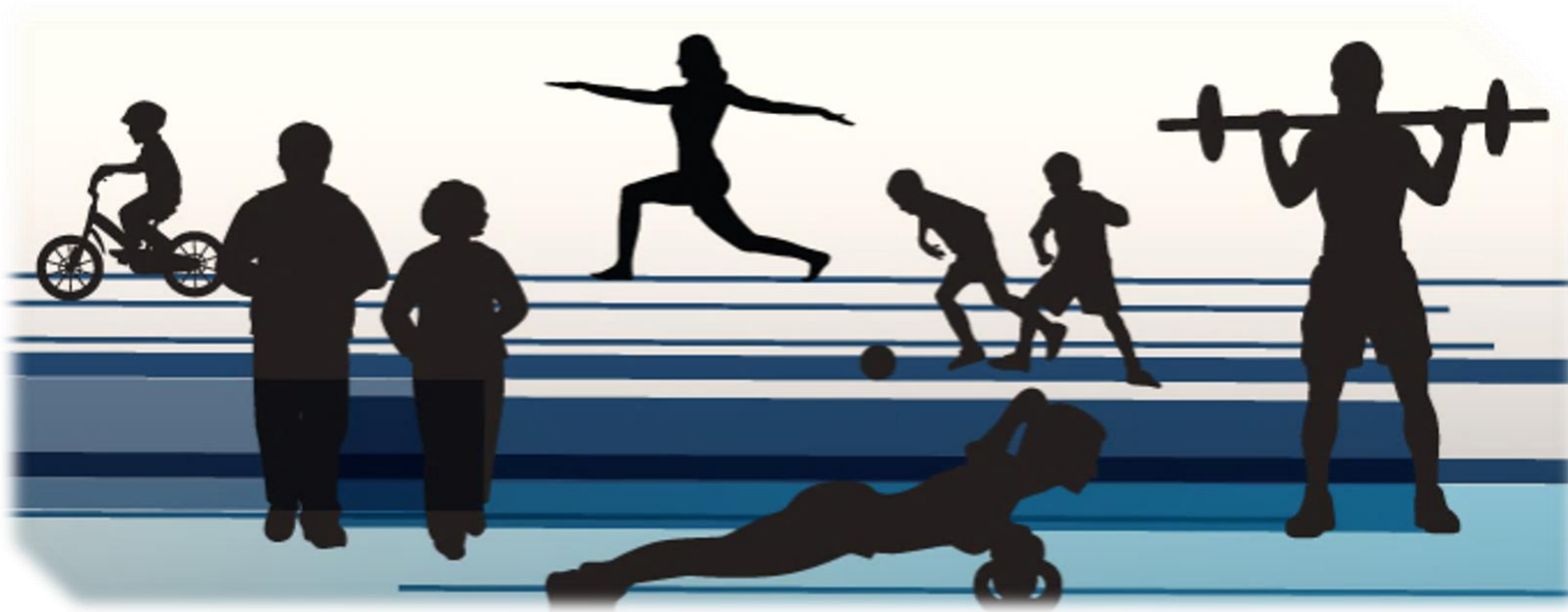


3M | **MOVES** **@ SOUTH EAST**

2 Aug – 11 Oct 2021
9th Edition



Organised by:



Sponsored by:





BACKGROUND

3M Moves @ South East

- Our signature ¹⁵E programme, conceptualised by South East CDC
- This is the **9th year** edition of the annual campaign, organised by South East CDC and sponsored by 3M Singapore.

¹⁵E involves using an Easy and Enjoyable activity that Encourages widespread participation within the community which Earns sponsorships for the needy. In doing so, the CDC also Enlarges the value of giving thus enabling us to Enhance the community ownership and spirit.

OUR PAST YEAR ACHIEVEMENTS & TARGET FOR 2021

From 2013 - 2020



Over 227K
Participants

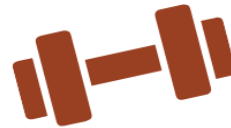


Over \$1.3 M
Worth of 3M
Products



25,700
Beneficiaries

2021 Targets



7,000
Exercise Hours



3,000
Underprivileged students in
South East District



More than \$102,000
Worth of 3M Products

ITEMS IN THE 3M HAMPER

Each Hamper worth \$34

1. Post-it® 682-TODO Flags
2. Post-it® 680-5 Yellow Flag
3. Post-it® 654-SSMPDQ Super Sticky Notes
4. Post-it® Notes with holder NH-330
5. Scotch™ Titanium Precision Non-Stick Scissors
6. Scotch™ Kids 5" Scissors, Pointed
7. Scotch® Double Sided Tape with Dispenser
8. Scotch® Transparent Tape 500



MECHANISM

Participate Today!

➤ All forms of exercises* except walking

Exercises to consider:

- Running, Jogging, Skipping, Yoga, Zumba, Badminton, Tennis, Swimming etc.
- 3M Moves @ South East recommended exercises

*According to Sport Singapore's safe distancing advisory for sport and physical activities



Complete **20** mins
of Exercise*

=



1 Product

Every minute counts!

There is no minimum or maximum number of minutes of exercise you must do. We look at the collective effort by the community.

HOW TO PARTICIPATE?

There are 4 ways!

1. Exercise and **submit your results**
2. Join our recommended exercises
3. Use Hashtags **#3MMoves** & Tag **@3MSingapore**, **@SouthEastCDC (IG)** and **@secdc @3MSingapore (FB)**
4. Be a volunteer

Campaign webpage



go.gov.sg/3mmoves2021info

1. CONDUCT YOUR OWN EXERCISES

From 2 Aug - 11 Oct 2021

1. Individual OR Group Participation

- i. Get your family and friends!
- ii. Challenge others or yourself!

2. Conduct Your Exercise*

- i. Record exercise duration in minutes!
- ii. Take photos!

3. Submit Your Results!

Scan QR Code:



go.gov.sg/3mmoves-submitresults

Organize and exercise* within your vicinity with your family, colleagues, classmates or friends.

*According to Sport Singapore's safe distancing advisory for sport and physical activities

Alternatively,

	A	B	C	D	E	F	G	H	I	
1	Salutation	Full Name	Email Address (Personal/Business)	Contact Number	Name of Organisation/School/Company/Others	Number of Participant(s)	Total Minutes clocked (individual or group)	Do you require an appreciation letter?	If yes, state your NAME	State your position
2	Ms	Beatrice Lim	Beatrice_LIM_from.TP@pa.gov.sg		cdc	1	20	No		
3	Ms	Beatrice Lim	Beatrice_LIM_from.TP@pa.gov.sg		cdc	1	30	Yes	Beatrice	Principal
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

You may request for the submission excel from Koh_Jia_Yi@pa.gov.sg

2. JOIN EXERCISE CLASSES

Partners classes	Workout classes links
Physical & Virtual Workout   	Sign up link: <ul style="list-style-type: none"> • ImPact - 3M Moves Community Workout • F45 @ Paya Lebar physical Classes (For all ages) • Martial House - Intro to Wushu/Tai Ji Classes (For all ages)
ActiveSG 	<ul style="list-style-type: none"> • ActiveSG Progs: For All Levels • ActiveSG Circle - Classes • Search Virtual Progs (Filter Page) • Free YouthLed WorkOuts
Health Promotion Board (HPB)  	<ul style="list-style-type: none"> • Free Virtual Workout (MOVE IT!) Sitc Events Eventbrite • HPB Workout Videos (MOVE IT!)- For All Ages • HPB 20mins Home Workout Infographic • HPB Office Workout Infographic

Find out more
about our
workouts!



go.gov.sg/3mmoves-classes2021

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3. POST YOUR PARTICIPATION EFFORTS ON YOUR SOCIAL MEDIA ACCOUNTS




1

Post

On your **public** Instagram or Facebook account stating the number of minutes of exercise & number of participants

2

Tag us

 [@SouthEastCDC](#) [@3MSingapore](#)
 [@secdc](#) [@3MSingapore](#)

3

Hashtag
#3MMoves

**Exclusive
prizes to
be won!**

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4. VOLUNTEER OPPORTUNITIES

1. Help distribute hampers to beneficiaries after campaign
2. Interested individuals can contact **Koh_Jia_Yi@pa.gov.sg**

**Subject to safe distancing measure guidelines by the government*



A4 Poster



Click [here](#) to edit and design your own poster

*Please note: when developing your own posters, the campaign logo, 3M logo and South East CDC logo must not be altered in any way.

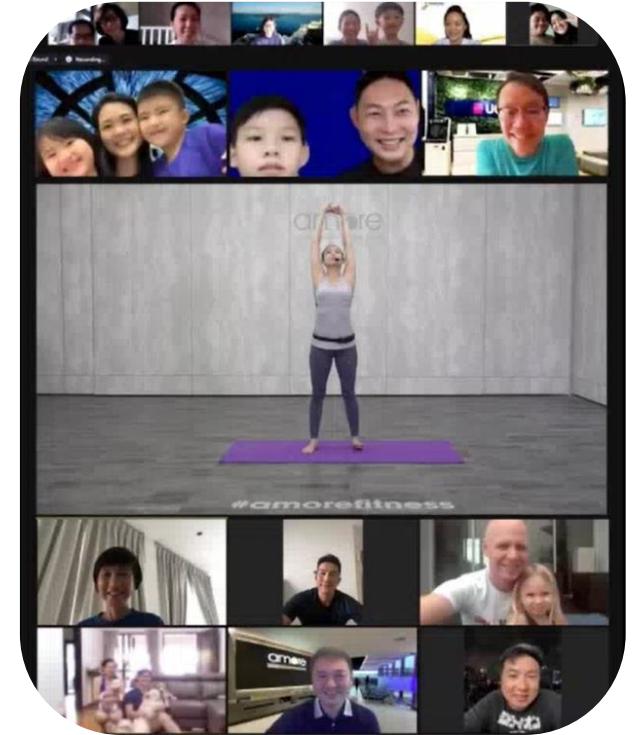
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WE WANT YOUR PHOTOS

1. Besides submitting your exercises, we hope to get 2 ~ 5 photos of you exercising.
2. Kindly submit your photos on FormSG or email to KOH_Jia_Yi@pa.gov.sg



go.gov.sg/3mmoves-submitresults



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ANY QUESTIONS?

You can email Mr. Koh Jia Yi @
Koh_Jia_Yi@pa.gov.sg

Find out more information below

Campaign Webpage



go.gov.sg/3mmoves2021info

Submit Your Results



go.gov.sg/3mmoves-submitresults