

KINETIC HERALD



WELCOME BACK!

After 2 years in the good old (but gold) town of Bedok, we are back in Tampines!

In the spirit of the move, the PE department will be launching new initiatives to introduce ways to lead a healthy lifestyle. Hence, allow me to introduce you to our very own newsletter,

Kinetic Herald.

So what does *Kinetic Herald* stands for? According to *www.oxforddictionaries.com*:

- **Kinetic** /kɪˈnɛtɪk
Relating to or resulting from motion.
- **Herald** /ˈhɛr(ə)ld
A messenger.

Our aim is to be a messenger of healthy living, bringing you a monthly newsletter written by the PE department. It will cover topics ranging from exercise tips, updates on our monthly Kinetic workout sessions, as well as diets you can explore! If you have a personal goal to hop on the bandwagon of a healthier living in 2015, we have the system that can get you started.

We hope that you will join us in this journey, to sail as a community towards a healthy and active lifestyle. Together, let us Go Forward!

P/s: Look out for our January issue!

