

1,000 COMFORTDELGRO CABBIES PARTICIPATE
IN MASS WORKOUT TO KEEP FIT

14 August 2016 – Ask any cabby if he suffers from backaches or neck aches and chances are he or she will say yes. After all, spending hours on end behind a steering wheel can be physically taxing.

This is why ComfortDelGro Taxis has been actively encouraging its drivers to lead an active and healthy lifestyle.

To this end, some 1,000 ComfortDelGro cabbies and their families participated in a mass workout today at the Bukit Gombak Stadium followed by a 20-minute brisk walk around the Bukit Batok Town Park or Little Guilin.

Gracing the occasion was Mrs Josephine Teo, Senior Minister of State, Prime Minister's Office, Ministry of Foreign Affairs and Ministry of Transport, who gamely joined the cabbies for the entire exercise session. She said: "Taxi drivers carry out their jobs seated throughout the day. Except for rest stops, the job can be sedentary. I am therefore pleased that ComfortDelGro Taxis is looking after its taxi drivers' well-being and has put in place activities like this to nudge our taxi drivers towards adopting an active lifestyle."

The mass exercise session, organised in collaboration with ActiveSG, is part of ComfortDelGro Taxis' continuous efforts to help its cabbies lead healthy and active lives as well as to age confidently. To bring sports nearer to them, ComfortDelGro Taxis had, in January 2015, signed a Memorandum of Understanding with Sport Singapore to allow all its 37,000 cabbies free access to ActiveSG's gymnasium and swimming pools every Wednesday. The arrangement was extended for another two years in 2016. To-date, over 20% of ComfortDelGro cabbies have been actively using these facilities.

Cabby Frankie Chew, 48, is one of the many ComfortDelGro cabbies who has benefited from this initiative. He exercises about three to four times a week, and started going to the gymnasium located at the ActiveSG Delta Sports Centre with his fellow cabbies about five months ago. The 10-member group meets almost every Wednesday at 11am for two hours, and uses the treadmill and free weights to exercise.

Said Cabby Chew: “With the health initiatives that the Company had started, I now have an even better understanding on how to maintain a healthy lifestyle and work-life balance. Keeping fit is the key.”

To help cabbies better manage their health, ComfortDelGro Taxis and the Health Promotion Board jointly launched the “Check Car, Check Body” health screening and coaching programme in June 2014. More than 2,000 ComfortDelGro cabbies participated in the pilot run. Of the cabbies who have abnormal screening results and returned for the second health screening exercise, about 50% have shown improvement in either blood pressure, blood glucose or cholesterol levels. To-date, about 8,000 cabbies have participated in the programme, and another 5,000 more are expected to do so this year.

Mr Yang Ban Seng, CEO, ComfortDelGro Taxis said of the health initiatives: “We are committed to helping our cabbies lead a healthy and active lifestyle. When our cabbies are happy and healthy, a positive environment is created and this is a win-win situation for everyone, including our passengers.”

Mr Lai Chin Kwang, Chief, ActiveSG said: “We are very pleased to work with ComfortDelGro Taxis on multiple initiatives such as this since the start of our partnership in 2015. ComfortDelGro Taxis and ActiveSG's shared belief is to continuously provide opportunities for the taxi drivers to engage in physical activity where everyone stays active and be happy, both at work and at home. On the back of engaging half a million people through GetActive! Singapore, we hope more corporates will follow their example in encouraging an active culture within their organisation.”

About ComfortDelGro

ComfortDelGro is one of the world's largest land transport companies with a total fleet size of about 46,000 buses, taxis and rental vehicles. It operates in seven countries - Singapore, China, the United Kingdom, Ireland, Australia, Vietnam and Malaysia – giving it the broadest footprint amongst its international peers. ComfortDelGro operates 17,000 taxis in Singapore.

About ActiveSG

As a key recommendation of Vision 2030 – Singapore's master plan for sports, ActiveSG was launched in April 2014 as the national movement for sport. ActiveSG aims to create a sporting ecosystem that provides innovative and experiential sport related programmes at sports centres island-wide. This movement will act as an enabler to build a community for individuals, families and organisations from different zones where Singaporeans can come together to learn, train, compete and host a range of sports. Working together with communities, National Sports Associations (NSAs), schools, corporations, public agencies and interest groups, ActiveSG aims to co-create programmes that are affordable and inclusive for all skill levels and age groups.