

**PITFALLS OF PHYSICAL INACTIVITY AND INNOVATIVE INTERVENTION  
PROGRAMMES TO REDUCE PHYSICAL INACTIVITY AND INCREASE PHYSICAL  
ACTIVITY AMONG SINGAPORE YOUTHS**

**Abstract**

*Concerns about childhood obesity are universal concerns around the world and resonate with many governments as health care costs that are associated with impairments caused by childhood and adult obesity escalate and threaten to spiral out of control. A key determinant of juvenile obesity is physical inactivity, which has multiple consequences for the health and development of young people. In Singapore, the consequences of physical inactivity include youth obesity rate of about 10%, one of the highest rates of childhood myopia and adult-onset type II diabetics in the world, afflictions of eating disorders, and some evidence of concentration and memory recall deficiencies among overweight students. Innovative and potentially successful programmes to reduce physical inactivity and increase physical activity in Singapore are elucidated.*

**Key words:** *Inactive lifestyles, youth, consequences, innovative activity programmes*

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