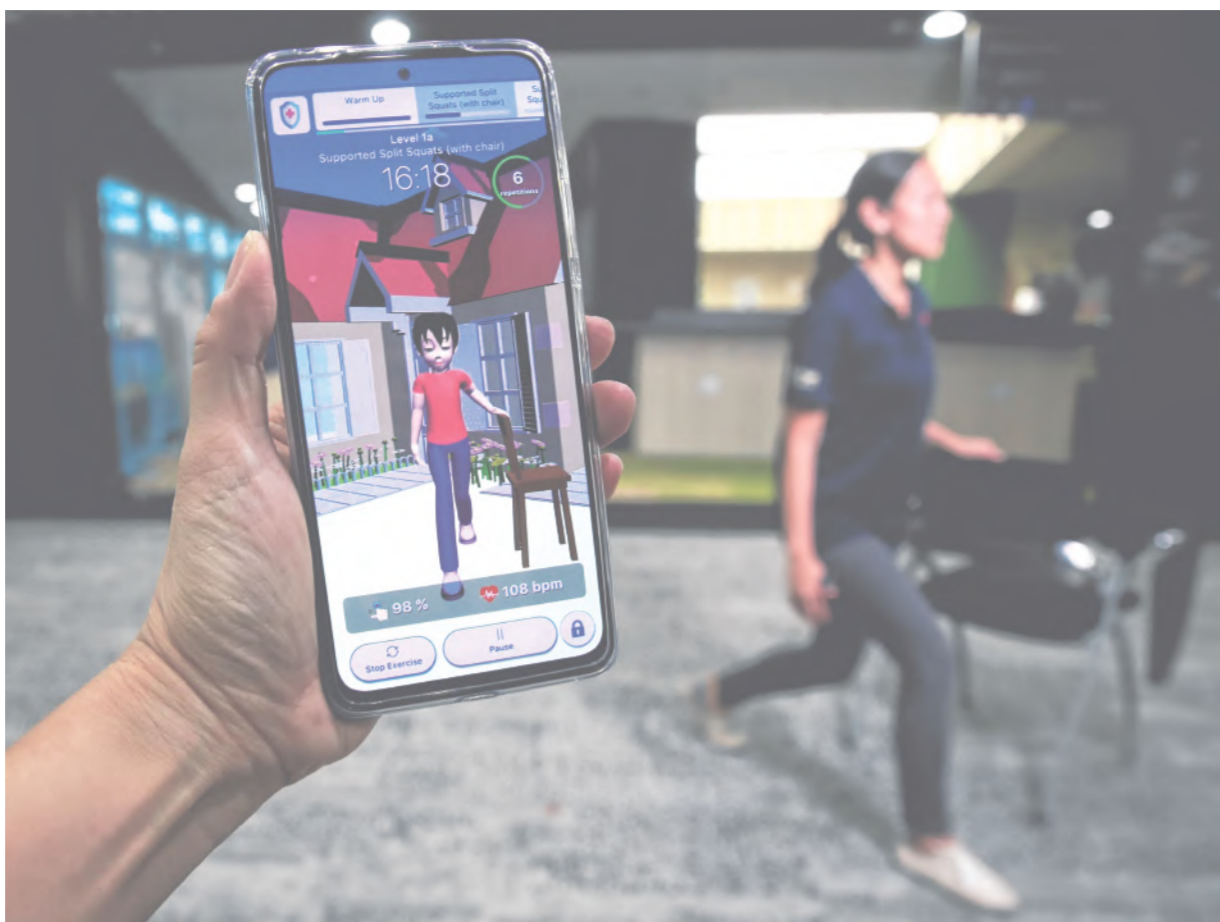


The new app, called MoveVid, is paired with a wearable pulse oximeter and features an animated character that demonstrates how to perform exercises such as squats. It also prompts users to rest if they feel unwell or out of breath, and provides infographics and guides so that patients can learn how to exercise safely by themselves. ST PHOTO: GIN TAY



App seeks to help those with long Covid recover

Eight-week exercise programme aimed at getting them back to previous physical activity levels

Zhaki Abdullah

Those who have recovered from Covid-19 but suffer persistent symptoms such as breathlessness can look forward to help from an app to recover through exercise.

Dubbed MoveVid, it provides patients with a customised eight-week exercise programme aimed at helping them return to their pre-

vious levels of physical activity.

Paired with a wearable pulse oximeter, which measures heart rate and blood oxygen levels, the app features an animated character that demonstrates how to perform exercises such as squats.

The app also prompts users to rest if they feel unwell or out of breath, and provides infographics and guides so that patients can learn how to exercise safely by themselves.

It is expected to be available to the public by the first quarter of 2023.

The persistence of symptoms such as fatigue or shortness of breath for three months or more

PUSH TO MOVE

It will help patients get out of the cycle of inactivity and help them on the road to recovery.



DR XU HUIYING, a senior consultant with the Department of Respiratory and Critical Care Medicine at Tan Tock Seng Hospital.

following a coronavirus infection is sometimes referred to as "long Covid".

In April, Health Minister Ong Ye Kung said in a written reply to parliamentary questions that his ministry does not track the number of patients with persistent symptoms after Covid-19.

However, a study conducted in the Netherlands by researchers from the University of Groningen and published in The Lancet medical journal earlier this year suggested that as many as one in eight adults with Covid-19 may experience long Covid.

MoveVid was developed by a team of two doctors and four therapists from Tan Tock Seng Hospital (TTS), together with local start-up Taggle Health.

A pilot study to test the safety and effectiveness of the app's exercise programme began in May, with participants in the process of being recruited. The aim is to eventually have at least 10 suitable participants.

The app was conceived in 2020, when pandemic restrictions meant there was a greater need for remotely supervised exercise programmes.

With most people experiencing mild symptoms and Singapore moving towards living with Covid-19, the team is keen to expand the use of the app to helping people recover from other respiratory conditions, said senior physiotherapist Cheryl Heng, the study's principal investigator.

Dr Xu Huiying, a senior consultant with the Department of Respiratory and Critical Care Medicine at TTS, said the conditions include chronic asthma and chronic obstructive pulmonary disease, which can cause airflow blockage and breathing-related problems.

TTS senior physiotherapist Audrey Lee said the programme is likely to be most beneficial to elderly patients, who may have problems resuming physical activity after a Covid-19 infection.

Dr Xu added that such patients may be less likely to be able to exercise by themselves, and may face problems going to the hospital for a rehabilitation programme.

"It will help patients get out of the cycle of inactivity and help them on the road to recovery," she said.

azhaki@sph.com.sg

Six Australian schoolgirls arrested for shoplifting let off with warnings

Samuel Devaraj

Three Australian schoolgirls arrested for shoplifting in Orchard Road have been let off with 12-month conditional warnings.

Three others received stern warnings, the police said on Wednesday in response to queries from The Straits Times, adding that the warnings were handed out in consultation with the Attorney-General's Chambers.

"This took into account, among other factors, their ages and the extent of their individual involvement," said the police, who were alerted to the case of theft at 333A Orchard Road at about 4pm on Nov 13.

Australian media reports said the girls – who were here for a netball competition – were suspected of stealing lingerie from a Victoria's Secret store and a pair of Crocs footwear.

They identified the girls as Year 10 students from Bacchus Marsh Grammar, a private school about 60km north of Melbourne in the Australian state of Victoria.

Following investigations by the police, the six girls – aged 14 to 16 – were found in possession of stolen items.

A stern warning may be issued in place of prosecution after a criminal investigation is concluded.

A conditional stern warning, on the other hand, allows the authorities to prosecute the accused for the original crime if conditions in the warning are breached within a specified time period. In this case, it is 12 months.

On Tuesday, Australian media reports, quoting the school's principal Andrew Neal, said the matter had been resolved and all the girls had returned home after leaving Singapore last Saturday.

"Everyone is here and they all came in on the same flight... All matters have been resolved and the girls were allowed to proceed to the airport with no further action," Mr Neal said.

He had said earlier that 18 students had come to Singapore to compete in a regional netball competition.

He also said the school appreciated the Singapore police for their professionalism, saying in a statement that they have been firm, fair and thorough.

samuelsd@sph.com.sg

ENJOY DEEPER AND MORE RESTORATIVE SLEEP WITH 2 LIMITED-EDITION POSTUREPEDIC® MODELS!

Backed by orthopaedic research, Sealy collaborated with orthopaedic surgeons from its OAB (Orthopaedic Advisory Board) and developed the Spinal Alignment Mannequins (SAM) to understand the impact mattress design has on the body. Get your Posturepedic® SAM mattress today!

Limited Edition Posturepedic® Models

Queen

King

Posturepedic® SAM Cushion Firm* (with Latex)

\$3,888

\$4,288

Posturepedic® SAM Firm* (with Memory Foam)

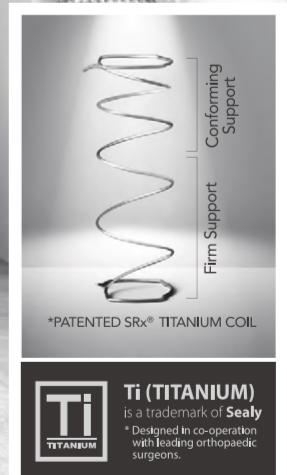
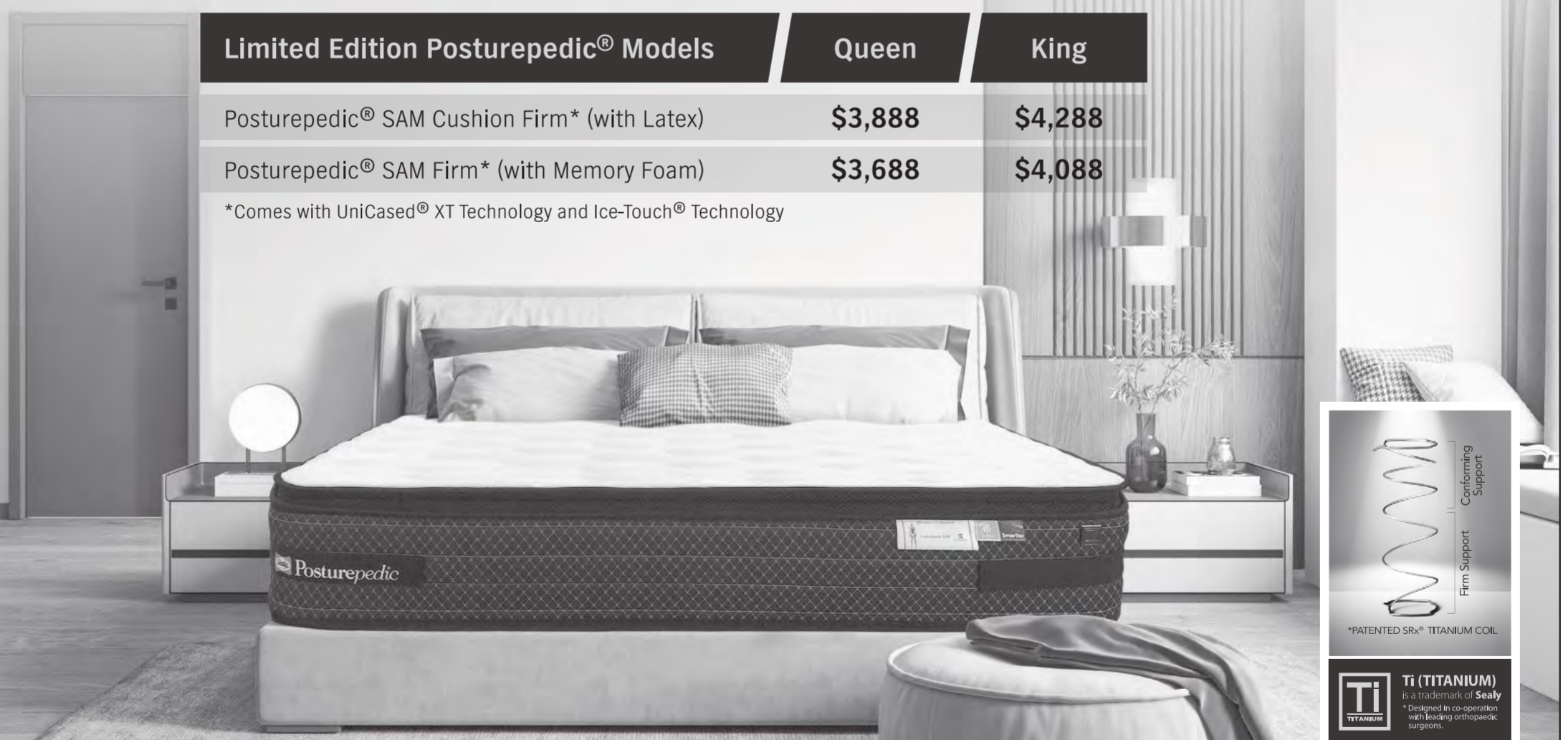
\$3,688

\$4,088

*Comes with UniCased® XT Technology and Ice-Touch® Technology



Voted as America's Most Trusted Mattress Brand 2021 by BrandSpark International



Ti (TITANIUM) is a trademark of Sealy. Designed to cooperate with leading orthopaedic surgeons.

Sealy Sleep Palace (Flagship Store)

• Tanglin Place, 91 Tanglin Road (Next to St. Regis Hotel), #01-02 | Tel: 6235 3166

Sealy Sleep Boutiques

• Century Square, 2 Tampines Central 5, #03-07 | Tel: 6260 2860
• City Square Mall, 180 Raffles Place, #03-33 | Tel: 6634 0383
• Funan Mall, 107 North Bridge Road, #03-14 | Tel: 6970 0790
• IMM Building, 2 Jurong East St 21, #03-05 | Tel: 6566 8233
• Plaza Singapura, 68 Orchard Road, #05-06 | Tel: 6238 6721

Sealy Premier Gallery

• Takashimaya Department Store, Interior Department, B1, 391A Orchard Road | Tel: 6738 7665

Department Stores

• BHG Bugis Junction, 200 Victoria Street, #03-11 | Tel: 6255 2945
• Istan Scotts, 350 Orchard Road, Level 4, Shaw House | Tel: 6235 7585

• Metro Paragon, 290 Orchard Road, #04-28, Paragon | Tel: 6219 3813
• Metro Causeway Point, 1 Woodlands Square #03-16/17, Causeway Point | Tel: 6887 0588
• TANGS at VivoCity, 1 Harbourfront Walk, #02-189 | Tel: 6376 9516
• TANGS at Tang Plaza, 310 Orchard Road, Level 3 | Tel: 6694 6998

Specialty Stores

• COURTS MEGASTORE, 50 Tampines North Drive 2, L2 Furniture Department | Tel: 6786 2580
• COURTS Nojima @ The Heeren, 260 Orchard Road L3 Bedding Department | Tel: 6235 5483
• COURTS Nex, 23 Serangoon Central, #02-49/50 | Tel: 6634 4667
• COURTS Toa Payoh, Blk 460 Lorong 6 Toa Payoh | Tel: 6397 2330
• Gain City Megastore, 71 Sungei Kadut Drive | Tel: 6899 1212
• Harvey Norman Millenia Walk FLAGSHIP STORE, LEVEL 3, 9 Raffles Boulevard, #03-02 | Tel: 6311 9925
• Harvey Norman The CentrePoint SUPERSTORE, LEVEL 3, 176 Orchard Road, #03-06 to 101 | Tel: 6339 6788
• Harvey Norman Parkway Parade SUPERSTORE, LEVEL 2, 80 Marine Parade Road, #02-01/02/03/04/05/06 | Tel: 6702 6327
• Harvey Norman Northpoint City SUPERSTORE, BASEMENT 1, 1 Northpoint Drive, Northpoint City South Wing, #B1-136 to 138 | Tel: 6702 5188
• Harvey Norman FACTORY OUTLET, ESR Bizpark Factory Outlet, Level 2, 750B, Chai Chee Road, #02-02 | Tel: 6245 1516

Sealy Posturepedic
Support you trust. Comfort you'll love.

sealy.com.sg | /SealyAsiaSingapore | shop.sealy.com.sg

Terms and conditions apply.
• All deliveries must be fulfilled within 2 months of purchase
• Not available in single, super single and odd sizes