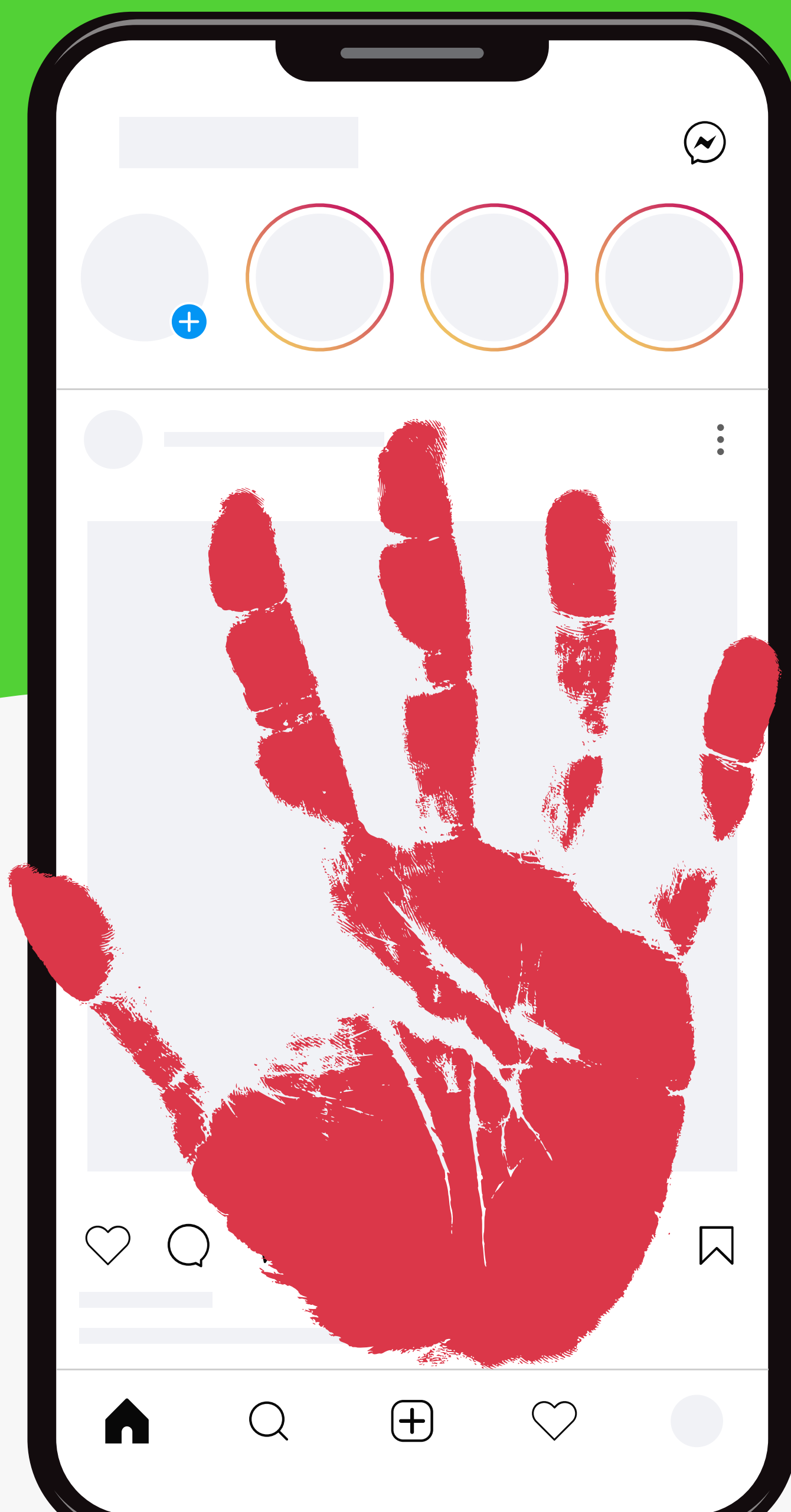


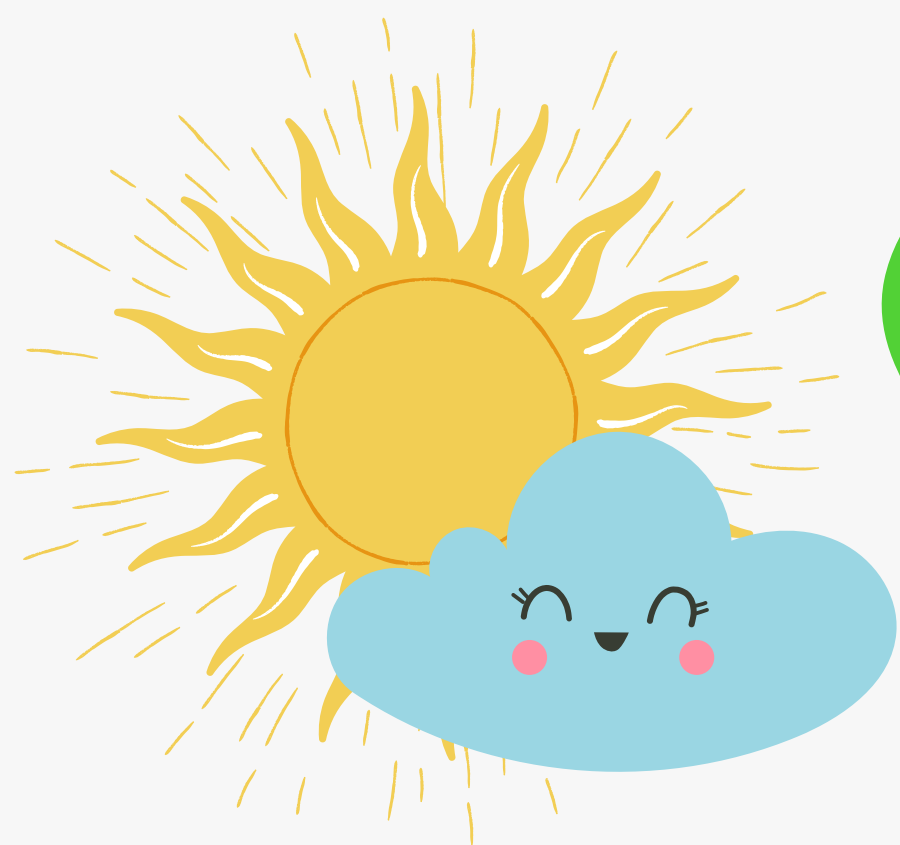


Stop the Scroll Start the Stroll

Replace bad habits with good ones.

Here are your new hacks.





Morning

- Wake up with a workout

During Workday

- Walking meetings on audio only
- Desk exercises between tasks. (neck rolls, spinal twists, etc.)
- Ditch texts and walk to colleagues
- Set alarms to stretch every 30 mins
- Get a standing workstation.





During lunch

- Skip screens & chat with friends
- Quick post-lunch walks

After Work

Walk to the grocery store instead of ordering from delivery apps

Ditch the screens and instead:

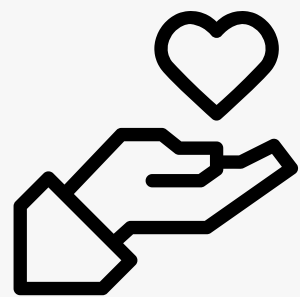
- Cook at home
- Dance your heart out
- Tend to your garden





Wellbeing on the Web provides holistic wellbeing initiatives such as fitness classes, cooking classes, webinars and more to help your employees be more mindful of their time.

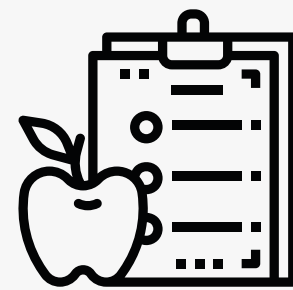
You will still need to create that garden :-)



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



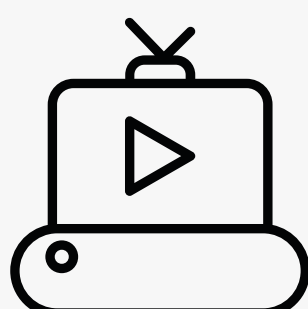
Finance guide



Newsletters



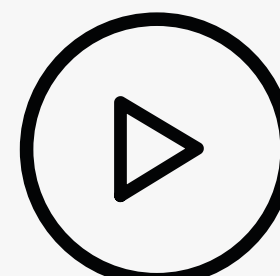
Self-assessments



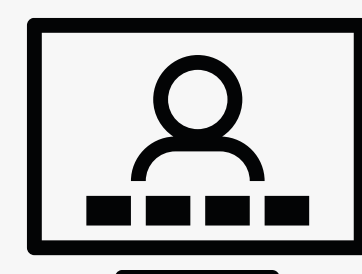
Live classes



Articles



Videos



Webinars