

Wonders of exercising during winter



Boosts your immune system

Fight off any symptoms of cold and reduce the likelihood of infection



Improves your mood

Releases feel-good endorphins and wards off the winter blues



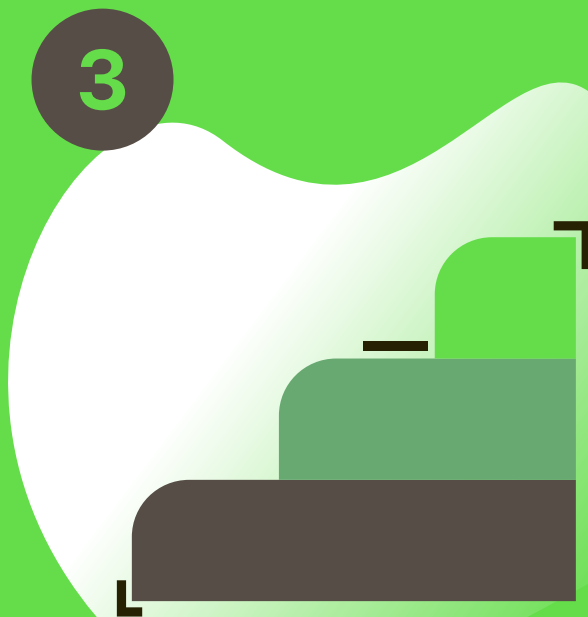
Easy 'warm up' exercises



1
Lunges



2
High knees



3
Take the stairs



4
Dancing



Burns more calories

According to research, your body works harder in the cold to get you up to a stable temperature.

This means it is giving itself a mini workout before your workout.

3

Live fitness classes



If you want a step-by-step guide to work out the right way, Wellbeing on the Web (WoW) is your destination.

Enjoy webinars and various forms of fitness classes to keep your diet and calories in check.

This celebratory season, bring your employees the gift of wellbeing with Wellbeing on the Web (WoW).



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