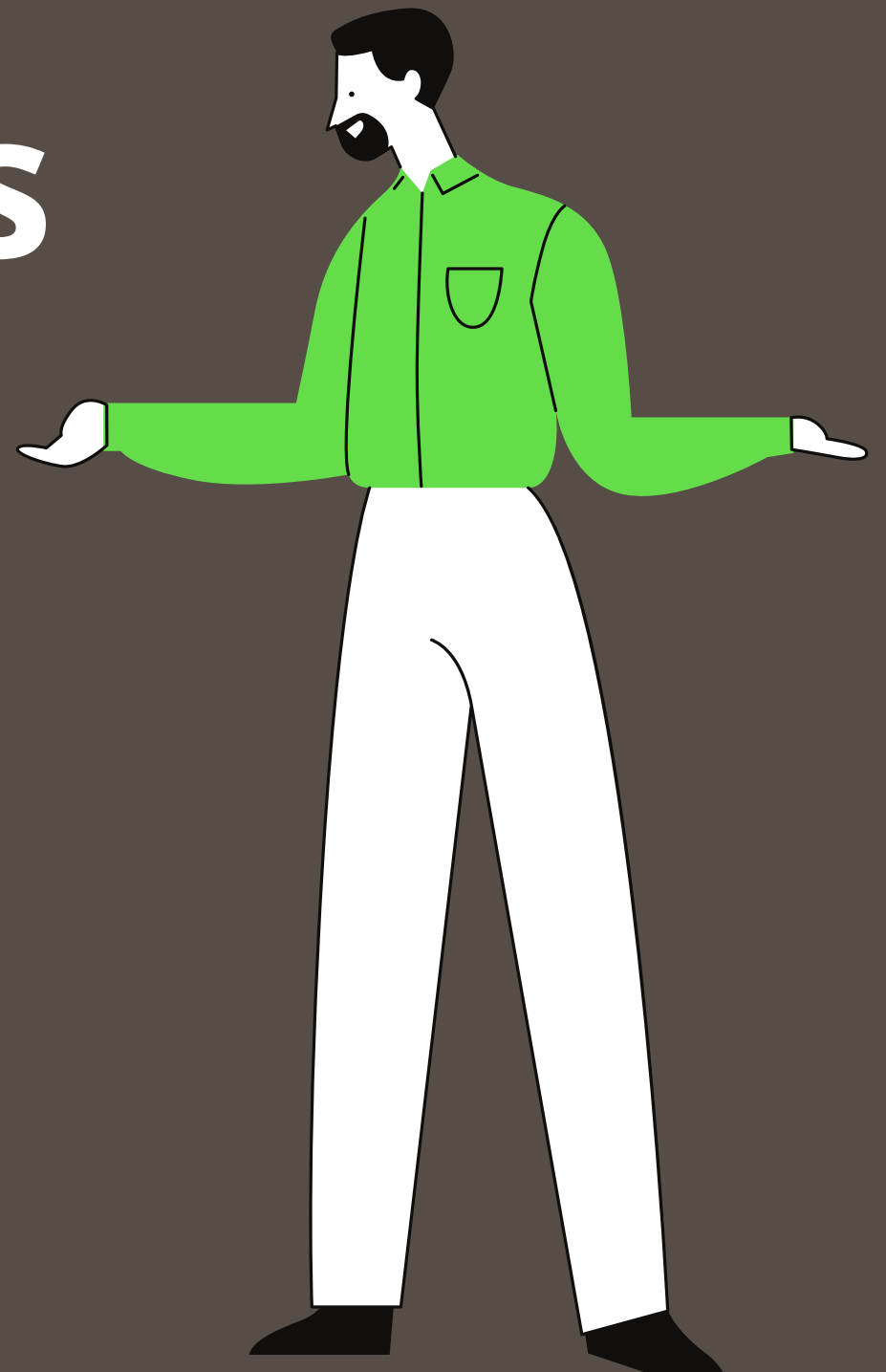


Become a
manager
who puts
fitness
first!



01

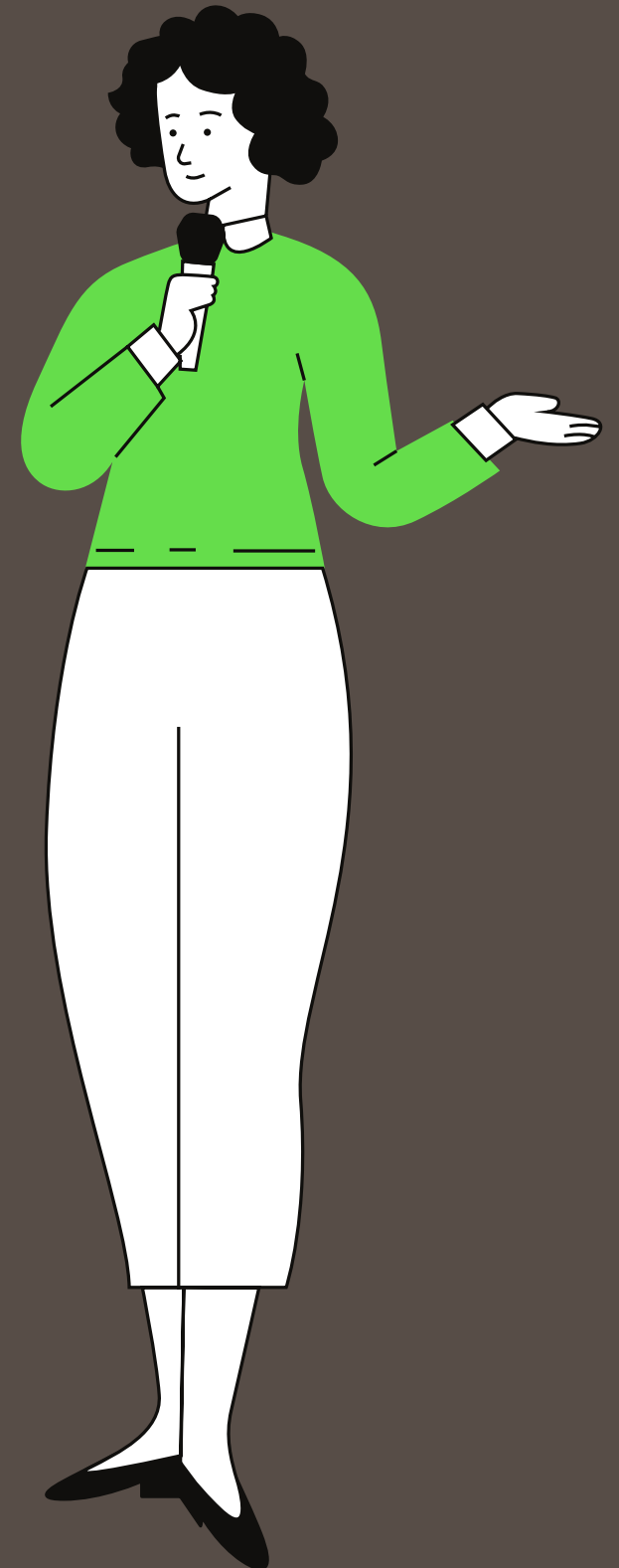
Block your calendar for your workouts.



02

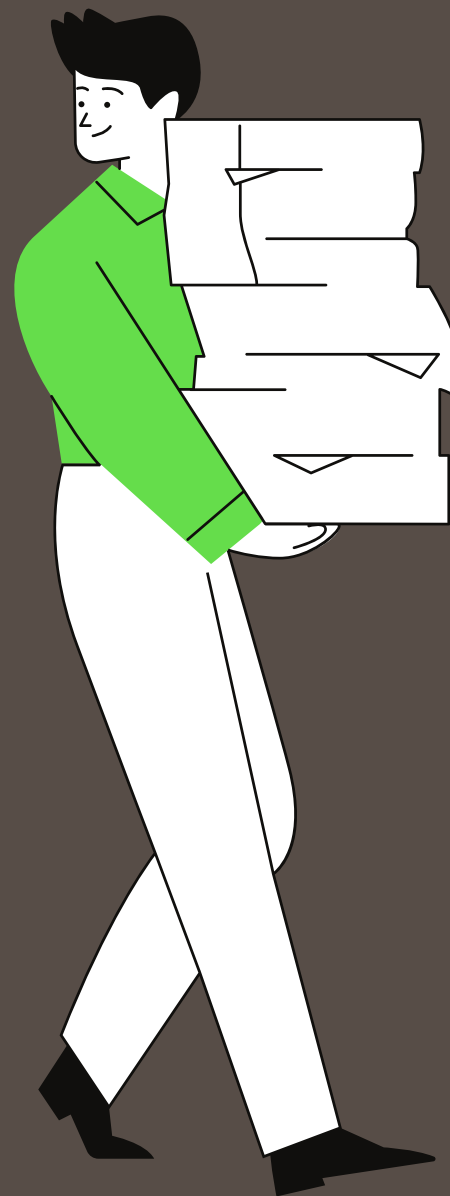
Move and stretch more.

Why not have a walking or standing meeting?



03

Have a dedicated lunchtime.
Plan your meetings accordingly.





04

Bunk the junk and dunk into fruits during snack time.



05

Take the stairs. Always take the stairs.



Fitness is not just exercise, it's a way of life.

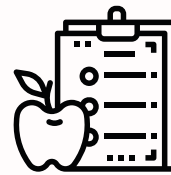
Wellbeing on the Web (WoW) offers a holistic approach to employee health and wellbeing.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



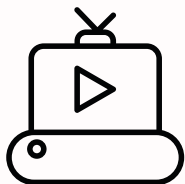
Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars