

A morning routine for a stress-free day



01/05

**Make your bed
to get an active
start**



02/05

**Replenish fluid loss
with a glass of water**



03/05

Exercise for 30 minutes



04/05

Plan your day with a to-do list



05/05

**Eat a breakfast with a
good balance of carbs,
fats & protein**



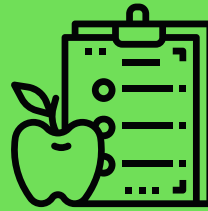
Help your employees start and stick to a healthy routine with **Wellbeing on the Web**



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



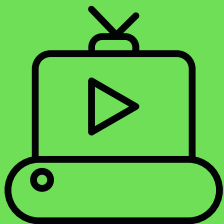
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