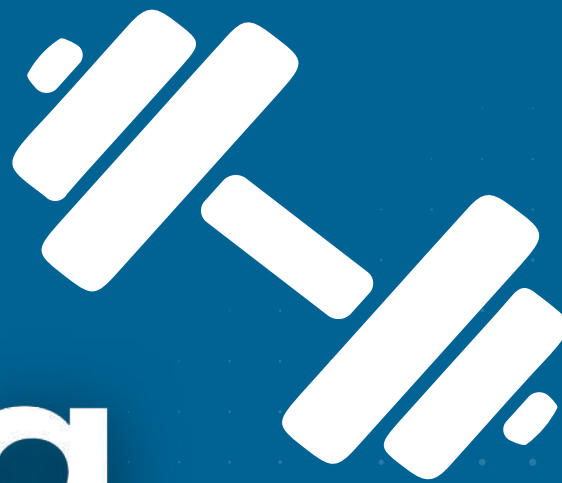


How  
exercising  
today will  
help you  
in your  
60s.



# Prevents chronic diseases



- Exercise controls your weight, thus preventing cancer.
- Better metabolism prevents diabetes.
- Cardiovascular fitness reduces the risk of heart attacks and strokes.

# Decreases risk of falls



**Strength training protects against bone loss, restores bone density, improves balance and reduces falls.**

# Reduces risk of dementia



Regular exercise leads to a small increase of the hippocampus which is responsible for memory.

# Reduces osteoarthritis



- Muscles around joints are strengthened.
- More lubricated joints keep inflammation, pain and stiffness away.



# Mental wellbeing

- Regular exercise releases endorphins, reducing stress and anxiety levels.
- Insomnia is common among seniors. Staying active improves sleep quality.

# Future-proof the **wellbeing** of your workforce.



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & Videos



POSH training



Pharmacy



Lab tests



Physios



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