



HEALTH AND FITNESS AT WORK



ABOUT THE COURSE

- Understand how exercise impacts the body as a whole.
- Employees will participate in movement and wellness activities.
- Learn how a balanced diet affects a person's level of health and well-being.
- Learn the importance of regular movement on a daily basis.
- Understand the importance of calorie intakes according to the correct portions.
- Practical stretches that can be done both at home and at the workplace.



SBL Khas Claimable