

How to keep children **active** in the summer?



Set screen time rules:

When, how much & what
should they watch



Do things with them:
Workouts, grocery shopping,
reading & travelling



Encourage new skills:

**A new language, music,
art or cooking**



Prioritise weekends with them: Walks in the park, short trips & setting up get-togethers with their friends



Exchange stories:

About family, funny incidents,
memorable experiences



Helping employees and their families stay healthy and active in every season



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars