

Tip the scales in your favour by assessing your health





Endurance

Test your cardiovascular endurance with activities like brisk walking, jogging or cycling. Can you do it for 30 mins?







Assess your flexibility with stretches and movements targeting major muscle groups. Can you comfortably touch your toes?





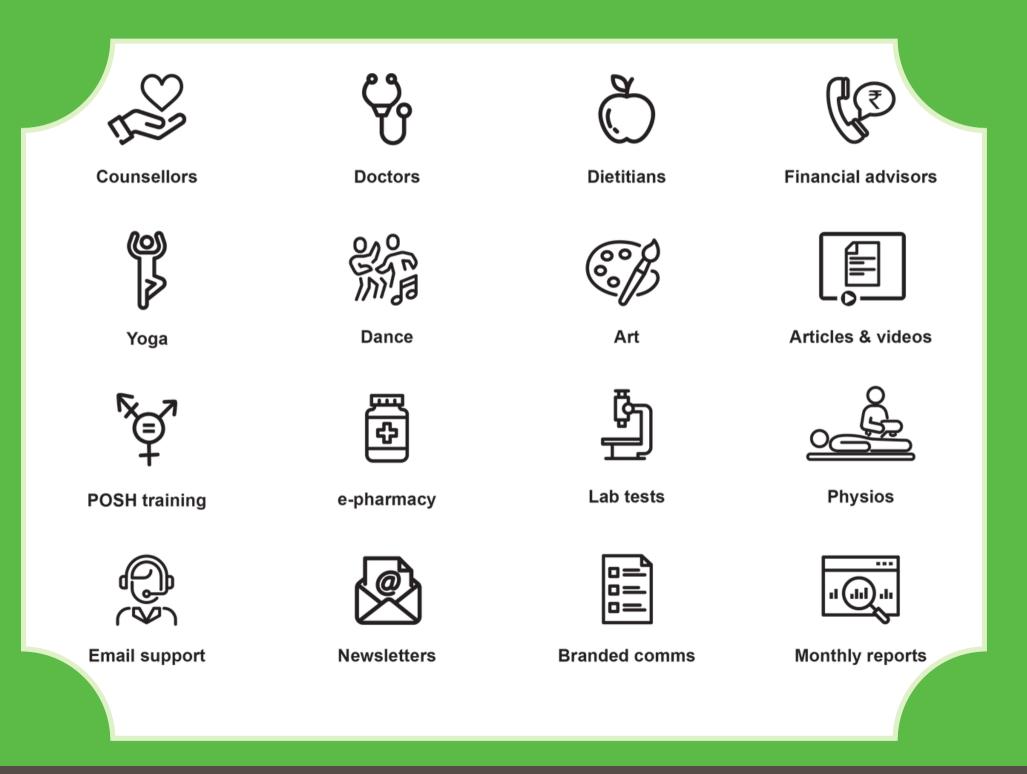


Gauge your strength by performing exercises like push-ups, squats or lifting weights. Can you complete 7 repetitions with proper form?





Wellbeing On The Web (WoW) has live fitness classes that will keep your employees healthy



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