

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?



Flexibility

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



Strength

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



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



Email support



Newsletters



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Monthly reports

