



WORLD *of* DISCOVERY

MOVE MORE, LIVE MORE!



MOVEMENT for  
physical and  
mental wellness.



MOVEMENT for  
happiness.





# The Advocacy

The average daily physical activity (PA) needed by an adult is 150 minutes of moderate intensity PA or 75 minutes of vigorous intensity.

Everyday, working from home, we lose the natural movement that was part of our lives pre-pandemic times. Walking, climbing stairs, twists, turns as we commute from home to office, and vice versa. This affects our daily dose of PA leading to a more sedentary lifestyle.

Lack of movement of muscles and joints leads to ergonomic pain and discomfort, unhealthy spine, poor blood circulation and limits brain oxygenation. All these can result to occupational health issues if left unmitigated.

Movement of body parts, the right way, helps alleviate pain, restores focus through proper oxygenation of brain and circulation of blood, releases happy chemicals to improve mood, assists in sleep and relaxation, leading to a healthy and happy wellbeing.

LABORAL, Labor Wellness in the World of Discovery partnered with GPA Brazil to bring MOVEMENT, through the Worker's Wellness Workout or Labor Gymnastics, to the Filipinos. The campaign is called MOVE MORE, LIVE MORE!



# LABOR GYMNASTICS

Movement, the right way, protects workers from risks in the workplace that can lead to injuries or sickness. Workers need to PROTECT their jobs for themselves and their families. Living well requires the work-life balance where labor gymnastics can help in restoring energy or enabling sleep or relaxation. This leads to better productivity.

## EASY & FAST

Based on scientific disciplines and Brazilian expertise, movement is completed within 12-15 minutes using simple but proven techniques to deliver quality movement for relaxation, productive pause or energizers. Staying well does not need to be hard and boring. Engagement and entertainment are incorporated in the advocacy to encourage participation of workers from all walks of life.



# MOVEMENT BENEFITS

Primary benefits of labor gymnastics include muscle relaxation, proper blood circulation, brain oxygenation, spine health management & corrective musculoskeletal intervention. It is not fitness. It is ergonomics: the scientific study of people's efficiency in a working environment.



## HOLISTIC

As part of a holistic approach to wellness, labor gymnastics is supported by the Happy & Healthy Nutrition, Mindfulness, Travel Therapy, Workplace hygiene and sanitation, and other activities that are aligned with workforce wellness.



## Workouts

Fifteen (15) minute workouts are designed by GPA Brazil following scientifically proven routines that help energize or relax workers, alleviating body pains and mental stress issues, along the way. These sessions are pre-recorded in Zoom format.



## Zoom Sessions

Live ZOOM Sessions deliver higher engagement for subscribers. Instructors demonstrate and explain movements, its effects to the body and mind, as well as techniques to best perform the movements to achieve maximum benefits and outputs.

## Wellness Fair

Virtual monthly wellness events are rolled out in different companies or groups that feature sessions on the Worker's Wellness Workouts, Webinars on physical and ergonomic wellness, cooking demos on Happy & Healthy nutrition and other content to promote healthy living.



## Mobile APP

The mobile app provides access to on-demand content including the monthly virtual Wellness Fairs, free sponsored content and featured artists for free or paid content. Yearly registration to the App is charged at a minimal fee for video streaming and storage requirements.

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