

Title: Recap of Healthy Week at Auto Global Parts: Promoting Wellness in the Workplace





Introduction:

Auto Global Parts' Healthy Week was held to foster healthy habits and promote wellness among its employees. From engaging in physical activities to raise awareness about crucial health issues, the program was a resounding success. Let's take a closer look at the highlights of this impactful week.



Step Count Challenge:

The Healthy Week kicked off with a spirited Step Count Challenge, spanning five days, aimed at encouraging employees to stay active. Employees enthusiastically embraced the opportunity to track their daily steps, both inside and outside the workplace.





Aerobic Exercise:

Physical fitness took centre stage as employees participated in invigorating aerobic exercises. The session provided a fun and energizing way to break a sweat while boosting cardiovascular health. Participants left feeling rejuvenated and motivated to integrate regular exercise into their routines.





Fruits and Breakfast Day:

On the same day, employees were also provided with a free breakfast and fruits to promote healthy eating habits. Employees are encouraged to indulge in nature's bounty, enjoying a colourful array of fresh fruits packed with essential vitamins and nutrients. Meanwhile, employees are reminded to take a regular breakfast to start their day right, sustain energy levels and improve overall productivity.



Push-up Challenge:

Strength and resilience were put to the test during the Push-up Challenge, where a number of employees showcased their physical prowess in a series of push-up exercises. Whether aiming to beat personal records or simply pushing their limits, participants demonstrated determination and grit, inspiring others to embrace the benefits of strength training.



Health Talk and Blood Donation Campaign:

In addition to physical activities, the Healthy Week also included a health talk that provided valuable insights into healthy intakes and lifestyles during Ramadan. The highlight of the Healthy Week is the NHFHB's 16th Blood Donation Campaign, which was opened to the surrounding public. This event underscored the organisation's aim to give back to the community while promoting health and wellness. Alongside the blood donation drive, free health screenings and pap smear checkups were also offered during the day, providing both the employees and the public with essential preventive care services.



Road Safety Talk:

Last but not least, AGP's Healthy Week also includes brief talks about safe road practices that were presented by the Safety Department. AGP has been raising awareness about road safety to reduce road traffic-related injuries and fatalities among its employees.

Conclusion:

The Healthy Week at Auto Global Parts was a testament to the company's commitment to employee well-being and holistic health. By fostering a supportive environment that encourages physical activity, healthy eating, and proactive healthcare, Auto Global Parts is investing in its employees' health and nurturing a culture of vitality and resilience. As we reflect on the successes of the Healthy Week, let us carry forward the momentum, prioritising wellness in our personal and professional lives.