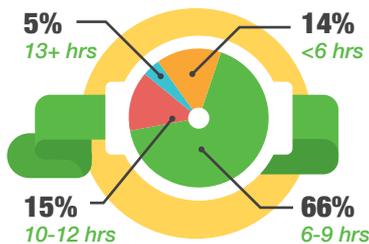


### DAILY ACTIVITY LEVEL

**7 in 10** workers in Malaysia

spend **more than 6 hours** at their desks on an average work day



**52%** of Malaysia's urban workforce exercise **once a week or less**

**48%** of Malaysia's urban workforce

eat lunch at their desk at least **twice a week**



### TOP OBSTACLES TO EXERCISING AT WORK



**51%**  
said they have no time



**36%**  
said they forget to keep active



**24%**  
said it's embarrassing

### ADOPTING A HEALTHY, ACTIVE LIFESTYLE



**60%** strive to live a healthy, active life

**62%** would be encouraged to stay active if it were part of their company's culture

**54%** find it difficult to stay active during the work day

### TOP HEALTH CONCERNS



**73%**

are concerned about **gaining weight**



**61%**

are concerned about **having less energy**



**60%**

are concerned about **high stress levels**



**53%**

are concerned about **having a heart disease**



**49%**

are concerned about **poor digestive health**



### TIPS

FOR A HEALTHIER

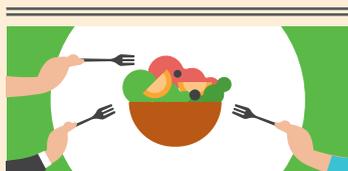
### URBAN WORKFORCE



#### ORGANIZATIONS

Organizations can make it easier for employees to pursue healthy, active lifestyles by having **internal fitness facilities** to encourage active living.

Companies can also **negotiate gym membership discounts** for employees or **organize regular group workout sessions** to boost employee activity levels and overall health.



#### HR DEPARTMENTS

As the key internal partner looking after employees' well-being, HR Departments can organize **healthy eating days** and cater meals that are low in fat and high in protein and fiber to boost employee energy levels.

HR Departments can also **plan team building activities around healthy active lifestyle themes**, such as organizing exercise sessions.



#### WORKING PROFESSIONALS

For deskbound working professionals, start simple by **adopting a good sitting posture** - sit up tall and ensure your back is fully supported against a back rest.

Time-strapped workers can also reduce the risk of weight-related diseases by combining **meal replacements\*** such as Herbalife's Formula One Shake with Omega-3 fatty acids for a convenient and nutritious option.

\*Findings from a study by Herbalife and Taipei Medical University