

A WORK(OUT) DAY

TRY TO DO 150-MIN OF EXERCISE EVERY WEEK – WALK, WEIGHT-LIFTING, JOGGING OR YOGA, AS LONG AS YOU LIKE IT!



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."



Our Finance team has to close the March accounts but it did not stop them from breaking a sweat before going back office for OT



Starting to exercise again is not easy. Form a group. Take it slowly. Soon, your body will thank you for feeling better mentally and physically.

Did you know that AA has a state-of-the-art gym in Head Office?

It is well-equipped for a complete workout. Rated 5-stars!!!!



"More walking, less flying."



Who's that hunk doing a military press? At 54, he is in a good shape!

Who's that hot mummy planking? That's the right posture and planks can help you build your core muscles!





Joe has made up his mind to get fit. To start exercising, the first thing is train your mind.

Did you know that rain or shine, Ben will run 10 km every week?

And when he's in Singapore, his son will join him to make the run more enjoyable.

IS NOT EASY, BUT IS NOT HARD EITHER.

Remember, no one is too old, too weak, too fat, too clumsy to exercise.

There's always some physical activity that will suit you. Once you found it, then follow the NIKE motto "just do it".



When you are exercising, is important that you do them in the right posture to reduce injury.

Alvin just joined AA and he likes to jog. I think he will get some of the ladies to turn their heads...

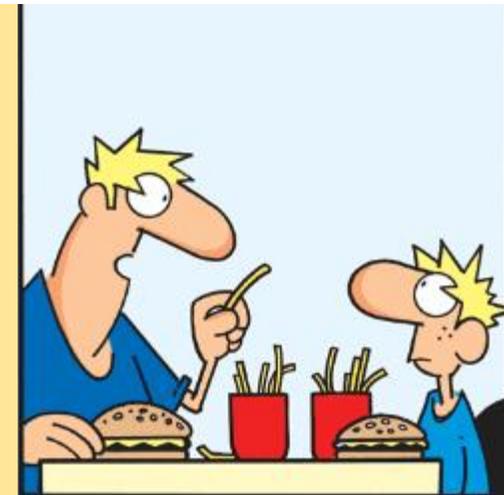


Once you started to exercise regularly (150 min a week), you can also watch what you eat.

No, it does not mean a diet.

Yes, you still can enjoy your food.

Have a balance meal, eat more fruits and vegetables and reduce refined sugar and fried food, that's all.



"If you are what you eat, I'd rather be thin like a French fry than round like a head of lettuce!"