

Course Name:

Healthy Lifestyle and Wellness Program

Synopsis

Focusing on promoting a healthy workplace lifestyle through increased awareness and access to information on ergonomics, health, wellness, physical fitness, diet, food, and nutrition. Our straightforward approach tailors solutions to help individuals achieve their unique goals effectively.

What You Will Learn

Upon completion of this program, your employees will achieve the following:

- Gain insight into the importance of healthy living and lifestyle, leading to improved fitness levels.
- Enhance awareness and individual productivity in the workplace.
- Implement tailored physical fitness activities for each employee.
- Experience positive shifts in attitudes, appearance, and behaviors toward the organization.

As a result of participating in this program, your employer will benefit from:

- Enhanced employee satisfaction and long-term wellness, fostering a positive relationship between employees and employer.
- Effective support for individuals in recognizing their own value within their roles.
- Increased profitability and performance for the organization/company.
- Reductions in medical costs and claims.

Who Should Attend

- Any employers or employees who require development and advancement in healthy lifestyle and wellness program

Prerequisite

N/A

Course Methodology

- Physical and Group discussion activities
- Via Active Learning Face to Face and Practical of their work
- Interactive Gamification activities
- Experience sharing & Simulation Activity
- Conducted in both Language Bahasa Malaysia/ English

Course Duration

2 day(s) 9am - 5pm

Course Structure

Session 1: Healthy Life Style And Wellness At Work Place

- Addressing and managing stress involves understanding how our daily life activities contribute to it. Stress can lead to illness, and engaging in physical activities can be beneficial in reducing or coping with it

Session 2: Ergonomic Wellness – Backpain Early Prevention

- Certain settings require an examination of the capacities and constraints of both mental and physical labor. Ergonomics utilizes anatomical, physiological, and psychological insights (referred to as human factors) to optimize work environments, minimizing factors that may lead to discomfort or pain. The design of ergonomic tools and equipment has played a crucial role in reducing the incidence of musculoskeletal disorders and repetitive strain injuries, such as carpal tunnel syndrome (CTS).

Session 3: Pattern Of Eating Real Food - Diet Vs Nutrition

- A straightforward method will be provided to participants, helping them determine the most suitable approach based on individual body composition or basic dietary/nutritional needs. Whether the goal is to reduce fat or manage body weight, the presenter will educate you on how your daily food choices can influence these outcomes. Participants will learn a simple method to tailor their approach based on their unique body composition or dietary requirements.

Session 4: Healthy Aging - Intervention for Aging and Chronic Diseases

- Delving into Alternative Training for disease prevention and rehabilitation to enhance fitness for work. Our exploration involves uncovering innovative intervention techniques utilized by local practitioners, drawing from both alternative medicine and medical rehabilitation showcased in local and international conventions

Session 5: Exploring Ancient Malay Exercise – Senaman Tua

- Senaman Tua is a comprehensive exercise concept that integrates elements from various exercise traditions beyond Malay culture. Its customs, guidelines, physical movements, and benefits have been organized for easy implementation. This approach offers protective measures by safeguarding muscles and joints from injuries during exercise, rehabilitative effects by restoring them to their pre-injury state, and developmental benefits by enhancing strength, flexibility, and stamina. This exercise regimen has been embraced by communities worldwide, including those in Holland, France, South Africa, and various Asian countries. It is also recognized as one of the syllabus module programs under Malaysia's National Occupational Skills Standard (NOSS)

Session 6: Managing Stress In Daily Life

- This program teaches individuals how exercise can help them overcome stress. Participants will learn how engaging in physical activity can assist in managing stress, aging processes, and building self-confidence. It emphasizes the principle of prevention being better than cure, backed by evidence that 60% of individuals can successfully manage their stress levels through daily exercise. The program focuses on managing and understanding stress in daily life activities, highlighting how physical activities can aid in reducing and coping with stress.



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Session 7 : Relaxation And Stress Rehabilitation

- This program, led by professional trainers, will instruct participants on reducing stress through a fitness regimen tailored to individual fitness levels. It caters to individuals at various stages: beginners aiming to enhance their health and physical fitness for work, those pursuing intermediate or advanced activities, or individuals with specific fitness goals. Participants will also receive guidance on self-rehabilitation for spine, joint, and muscle injuries from experienced wellness trainers within the industry.