

INSIGHT

WTC COMMUNITY WEEKLY



Sugar Rush

There's no denying that refreshing, energizing effect a sweet, cold beverage can have on our body. Especially on a long, hot and tiring day. Once every now and then is okay. But do you know that one single cup could potentially exceed your daily intake limit of sugar?

The Health Ministry advises a maximum of 50 grams per day, equivalent of four stable spoons. A boba drink contains at least 38. Of course that is still within the limit, but what about other foods you consume that day?

In retrospect, the recent controversy about the amount of added sugar in certain drinks product turns out to be a wake up call.

Consuming too much can pose serious health risks: weight gain, heart disease, diabetes, cancer, depression, fatty liver, kidney failure, cavities, skin aging and acne to name a few. So be sure to implement healthy eating into your diet, exercise and do routine check-ups.

Busy schedule? The WTC Complex offers these services at your most convenient time. You can train at F45, scale at Divine Dental at retail podium, exfoliate at Skin+ and undertake medical at Medika Plaza at retail WTC 2.

Yours truly,
the community editor

A vertical poster for the 2022 WTC Jakarta Cup Futsal Tournament. It has a dark blue background with yellow and white text. At the top right is the WTC Jakarta Cup logo. The main text reads: '2022 WORLD TRADE CENTRE JAKARTA CUP FUTSAL TOURNAMENT'. Below that, it says 'REGISTRATION FEE : Rp1.000.000,-'. Then, 'Registration T&Cs' with a list of rules: '1 company may only submit one team', '1 team consists of maximum 14 players, 1 manager, and 2 officials', 'The player must be at least 18 years of age and maximum 45 years old', 'The player must be an employee of a registered WTC tenant', and 'The player must be in good health, physically and mentally'. The registration deadline is '31 OCTOBER'. At the bottom, it says 'E-mail your team's name with subject WTC Jakarta Cup 2022 - Company's Name to events@jakland.co.id'. There are yellow silhouettes of soccer players at the bottom.