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Insight

WTC COMMUNITY WEEKLY



POST-HOLIDAY WORK(OUT)

After at least a week of homecoming (*mudik*) and *Jakartacation* (and perhaps overindulging in hearty, delicious meals!), we're back to routine once again and one question that is most likely on everyone's mind is "how do I shed the holiday weight off?"

Well, first things first, start easy by simply taking a walk or a light jog and exercise. Don't skip meals because it'll only make you hungry and start eating healthy again. Drink more water to reduce bloating and flush out toxins, also try to avoid sugary drinks. Last but not least, make sure you get 7 to 9 hours of sleep to improve energy and concentration.

However, if any of these tips might be trickier to pull at home, you can always start here at work. You can find gyms *Recharge* at WTC 1 and *F45* near Gate B. You can eat healthier food at *SaladStop!* at retail podium WTC 3, *Madame Mai* at WTC 5, *Grainsly* at retail WTC 2, and detox juices at *Jugo*, next to WTC 1. You can even try lymphatic slimming massage at *Serene Reflexology*.

All in all, it's good to have you back here. Welcome home!

Yours truly,

the community editor

WHAT'S NEW?



Community Gathering

HR & GA

Thursday, 25 April 2024
13.30 - 15.00
Conference Hall, WTC 3

For more information:
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