

Insight



KEEPING FIT AT WTC COMPLEX

The annual National Health Day falls on November 12 and this year's theme is "Gerak Bersama, Sehat Bersama."

As an office worker, sometimes it can be a challenge to find the time and place to exercise without sacrificing too much. So what we can do to stay fit at work?

Well, lucky for you, the WTC Complex sit on an 8-hectare of land - meaning you'll get plenty of steps circling it and burn some calories to keep in shape.

You should also try taking the stairs instead of the elevator, do desk exercises, stretch, practice good posture, take breaks from sitting and staring at your screen, and have walking meetings.

There are also facilities such as Recharge gym, Medika Plaza, Divine Dental Clinic, Serene Reflexology and Skin+ to support your active lifestyle at WTC. Have fun exploring!

Yours truly,

the community editor

WHAT'S NEW?

Gate F is now open for entry!

Starting Monday, 18 November 2024, the entrance gate next to Jl. Penjernihan is open for vehicles from 7 AM to 12 PM, with an exception on Fridays where it will be closed at 11 AM to support Friday praying activity. All other gates operate as normal.

