



Prioritizing Employees' Well-being in conjunction with Global Wellness Day





In an era where employee well-being is gaining prominence, MARCO too, has taken a proactive approach to prioritize the health and happiness of its staff. As part of our commitment in creating a supportive work environment, MARCO recently celebrated Global Wellness Day by organizing a special workout session for its employees at Peak Fitness, Sogo KL on 1st June 2023. This initiative aimed to promote general wellness and encourage healthier living among Marco staff members.

Recognizing the importance of physical activity and its positive impact on overall well-being, MARCO allowed participating staff to leave the office earlier to join an invigorating exercise session at the nearby gym. By providing this opportunity, we are demonstrating our dedication to empowering employees to prioritize their personal well-being.





The workout session catered to the diverse preferences of employees. They were given the choice between participating in a Functional Training session or engaging in a Group Exercise – BodyCombat class conducted by experienced trainers at Peak Fitness. This ensured that each employee could select an activity that resonated with their fitness goals and interests, making the event inclusive and enjoyable for all.



After the workout session, the participants were treated to light refreshment, which helped replenish their energy levels and encouraged camaraderie among colleagues. This post-workout gathering allowed employees to relax and connect with one another, fostering a sense of community and support within the company.



The primary objective of this event was to promote general wellness and encourage healthier lifestyles among MARCO employees. By incorporating fitness and exercise into their daily routines, employees can experience numerous benefits, including increased productivity, reduced stress levels, and improved overall well-being. By taking the initiative to introduce fitness as a vital component of their lifestyle, MARCO is investing in the long-term health and happiness of its workforce.



By organizing the workout session in celebrating Global Wellness Day, MARCO emphasized the significance of self-care and dedicated time for employees to focus on their well-being. This event served as a reminder for employees to prioritize their physical and mental health, creating a positive ripple effect on their personal and professional lives.



MARCO's celebration of Global Wellness Day through the workout session at Peak Fitness, Sogo KL shows our commitment to employees' well-being. By providing opportunities for physical activity, encouraging healthy eating, and promoting a culture of self-care, Marco is fostering a supportive environment that enables its employees to lead healthier, more fulfilling lives. Such initiatives not only enhance the overall wellness of the workforce but also contribute to improved productivity and a positive work atmosphere. With its focus on employee well-being, Marco is setting an example for other companies to follow in creating holistic and sustainable work environments.