



Co - F **ii** t n e s s

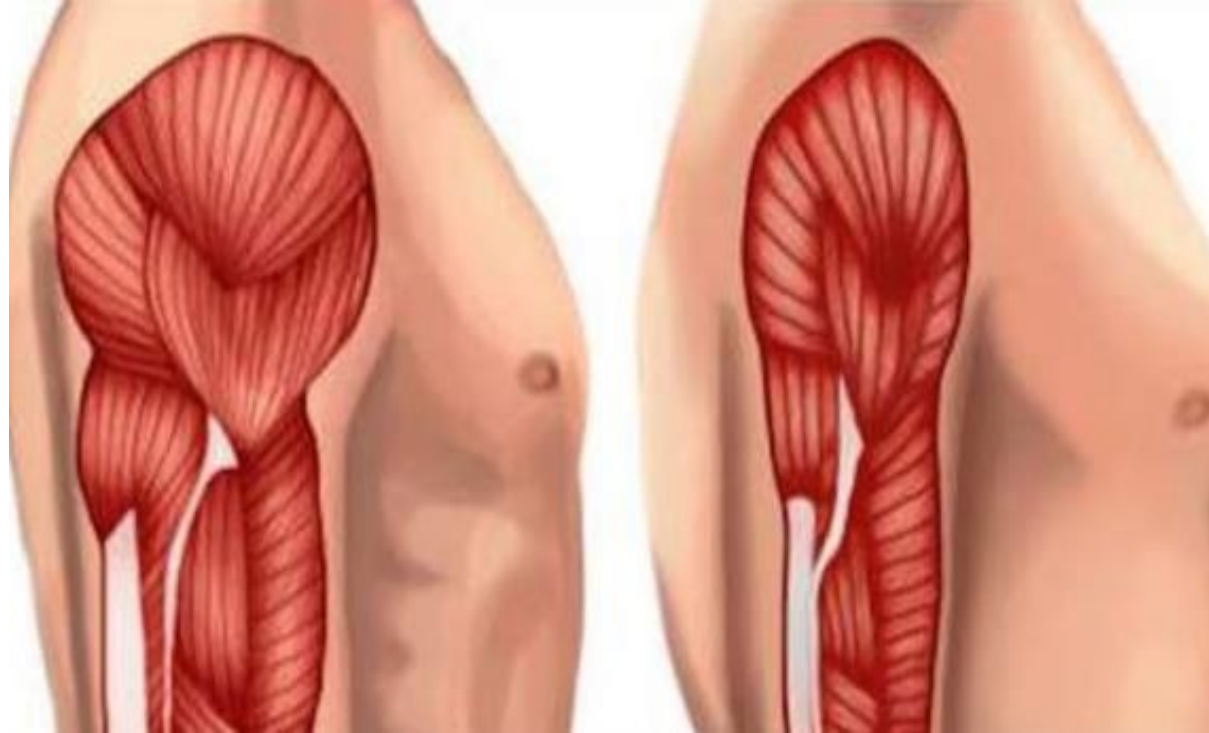
By Core Enterprise Pte Ltd



Staff Wellness

Physical, Social/Emo & Mental Wellbeing





ii

Sarcopenia

Sarcopenia is the loss of muscle mass specifically related to aging. It's normal to lose some muscle mass as you age. However, sarcopenia describes severe muscle loss that strays from the norm.

Sarcopenia affects your gait, balance, and overall ability to perform daily tasks. For a long time, researchers have believed that this deterioration was inevitable. But they're now beginning to look into treatments that might prevent or slow down this process.

Overcoming Sarcopenia with **Strength Training**

Free weights

Medicine balls

Weight machines

Resistance bands

Suspension equipment

Your own body weight



Working out in a gym can be intimidating and costly



Working out
alone can be
boring and may
not be
sustainable



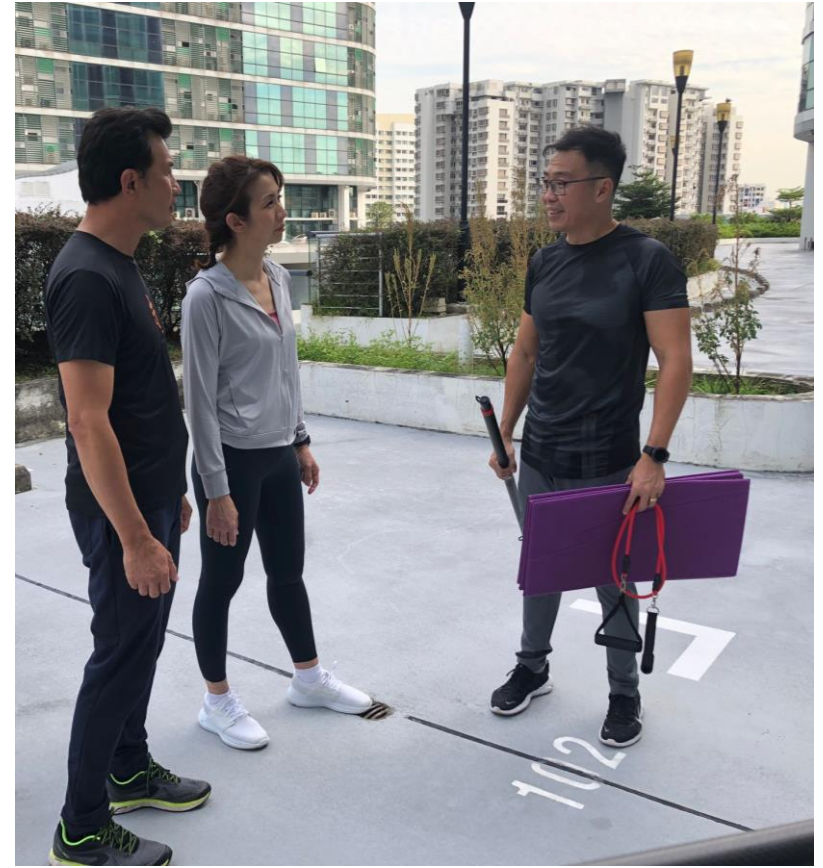


Co - Fiitness



Co-Fiitness is strength training that uses resistance bands, bars, medicine balls and each other's weight to develop strength for two without having to go to the gym! One of its kind.

It strengthens bonds too



*TV actor/actress, Darren and Evelyn,
doing workout with Coach Roger*

Co-Fiitness
will be featured on TV later this year!!



Corporate Programme

[1.5h]

- Talk on Sarcopenia (causes, symptoms and treatments)
- A hands-on introduction of Co-Fitness (min 6 pairs to start)
- \$12/pax for this Introductory Class





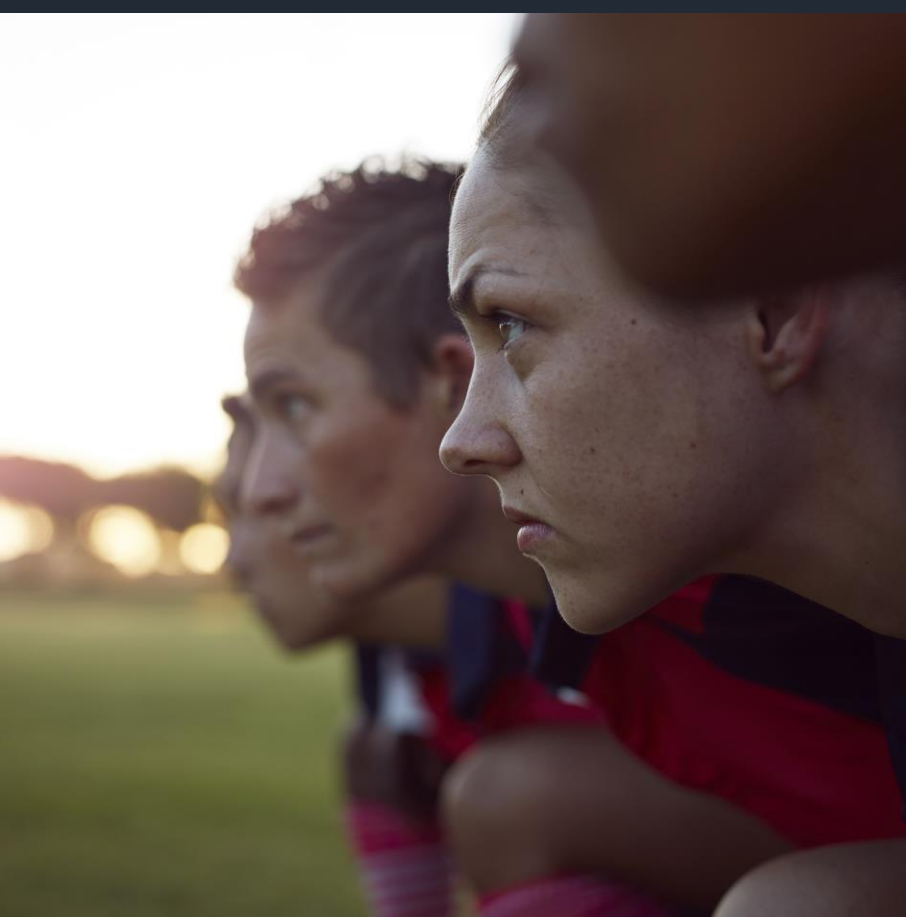
Builds Bond in the Team

Co-Fitness exercises require ...

- Communication
- Coordination
- Cooperation
- Connection



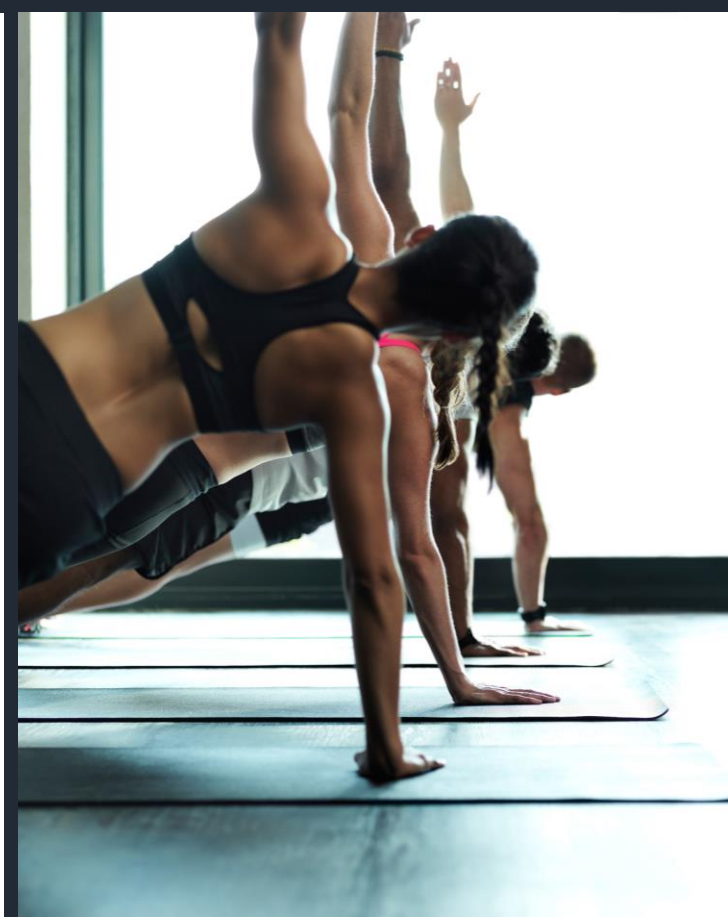
The
EMPOWER
Corporate Package



Learn Co-Fitness exercises through 8 hands-on sessions and be empowered to do these strength training exercises independently with friends at work or family members at home.

- Proper techniques
- Training methodologies
- 30 Co-Fitness exercises

\$200 / package (only \$25 / session / pax)
At least 4 pairs to start.



Budget debate: 2022 to be the Year of Celebrating Singapore Families

PUBLISHED MAR 10, 2022, 12:17 PM SGT

The year 2022 will be designated as the Year of Celebrating Singapore Families, Minister for Social and Family Development Masagos Zulkifli told Parliament. "(It) will rally Singaporeans to celebrate the important role that families play in our lives, encourage families to spend time together and galvanise whole-of-society support for families," he said during the debate on his ministry's budget.





PERSONAL TRAINING

Family Package [Special Rate]

For those who want to start this fitness journey with your family members privately, you may want to consider Personal Training at a venue and time of your choice. Enjoy this special rate after attending your company's Introductory Programme (Corporate).

- \$120 per couple per session (U.P. \$140)
- when you sign up for an 8- session package



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<https://www.coreenterprise.com/couple-fitness-strength-training>

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