



Workplace Wellness with

by Loo Wan Ye



The World Health Organization explains that wellness is 'a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.' It is also 'a conscious, self-directed and evolving process of achieving full potential.' (National Wellness Institute).

It can thus be understood that establishing wellness in a workplace enhances the physical and mental well-being of an individual while contributing to their drive to improve and grow. This is increasingly important as most of the world's 3.4 billion workers are unwell in some aspect – be it chronic diseases, stress, mental illnesses, or significant economic insecurity.

In Malaysia, a survey done by Regus found that 70% of working adults suffer from diseases stemming from rising stress levels at work. However, workplace wellness programs are still in its infancy, with only a small number of local companies taking steps to implement wellness initiatives.

As the fitness instructor steps into the room, people start climbing onto their spinning bikes, adjusting the heights and placing weights according to personal preferences. The instructor greets the class enthusiastically as music starts to play from the speakers.

He starts to cycle slowly, beckoning the class to follow, and providing examples of arm thrusts along with the rhythm of the music. The instructions are easy to understand and it is an intensive but fun workout. After forty-five minutes, the class ends with people looking exhausted but satisfied from a day of good exercise.

At Baker Tilly Malaysia, we recognize that a company succeeds when its people succeed. That is why we take an active approach in our wellness initiatives, one of which is physical exercise.

Apart from Yoga and Metafit classes held every Wednesday at our staff space, O@s1s, for those preferring more rigorous exercise, Baker Tilly has partnered with the Ministry of Burn (MOB), a boutique gym, to provide specialized Ride, Row and Move classes. In fact, MOB's Row classes are the first of its kind in Malaysia.

With MOB, staff can take a break from work, head out together or individually for a quick workout at MOB, which is housed on the ground floor of our Baker Tilly Tower in Bangsar South, then return to work refreshed or just head home. This short break to work out is especially important during peak periods when staff have to work longer hours to meet Regulatory demands. Most days of the week, you will see our staff trudging on the bikes, or having a go at the rowing machine at the end of the work day.



Janice Lee
Ministry of Burn

As Janice Lee, the Operations Manager of MOB, shares, “MOB’s rhythmic indoor cycling and rowing classes are designed to be a social fitness experience where people can be one with their squad as they exercise together. Working out is an important form of stress relief and certainly, for people who may have to work longer hours during peak periods, a short break from work is an important part of mental health and wellness.”

She continues, “MOB’s specially designed #RIDE or #ROW classes are unique and have inspiring trainers who provide the optimum full body exercise within a short period of time. People step into a class and dedicate 45 minutes purely to themselves and sweat it out to heart pumping music, being able to burn up to 700 calories in one session. It really is quite an experience and we are happy to be able to play a part in helping people achieve greater balance and wellbeing. We welcome people of all fitness levels, be it a first timer or a seasoned fitness goer, all our classes are designed to fit your needs.”

Dressed in fitness wear and bright laceless cycle shoes, our employees converse casually with a sense of calm. “It’s important to exercise and be healthy but it takes time and dedication,” Hui Kee says, “It’s good that we have a gym right below our office to motivate us to do that.”



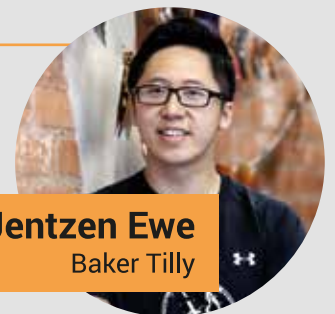
Hui Kee
Baker Tilly



Zu Wei
Baker Tilly

“Exercising helps me relax,” Zu Wei Ng explains, “Even though I’ve only been to MOB a few times, I enjoy exercising with my colleagues. It helps to bring us together as a team.”

“It’s actually my first time here,” Jentzen Ewe laughs, “But I’ve heard good things about it so I’ve decided to come experience it for myself.”



Jentzen Ewe
Baker Tilly

