

SWA and Chiromo Staff Revive UoN Fitness Team

Staff from SWA and Chiromo have team-up and revived the UON fitness team.

This is an own initiative meant to help staff stay healthy while thriving to discharge their duties. Devoting time to exercise during lunch hours has shown to raise the productivity levels of employees without necessarily having to exercise more after work.

Exercise fuels the brain and helps one become more productive, so employees who make time to engage in physical fitness that may positively impact their health will reap the benefits. As the saying goes, all work without play makes Jack a dull boy, let's make time to exercise and increase our productivity level at work while staying hale and hearty.

The group exercises on Monday, Wednesday and Friday between 1-2pm at the Chancellor's Court.

Let us stay "FOCUS FOREVER"

All are welcome!