

LIFESTYLE ASPIRATIONS FOR MILLENNIALS AT WORK



The **Herbalife Asia Pacific Millennials At Work Survey 2016³**, conducted with 500 full-time workers in the Philippines revealed interesting findings on the lifestyle habits of Millennials:

MOTIVATIONS

8 IN 10

Millennials in the Philippines will be encouraged to stay active if it is part of their company's corporate culture

Only **36%** of millennials in the Philippines get more than 30 minutes of physical activity at work each day



OBSTACLES

6 IN 10

Millennials in the Philippines cited lack of time as the key obstacle to engaging in physical activity at work

29% of millennials in the Philippines shared that keeping active doesn't cross their minds at work

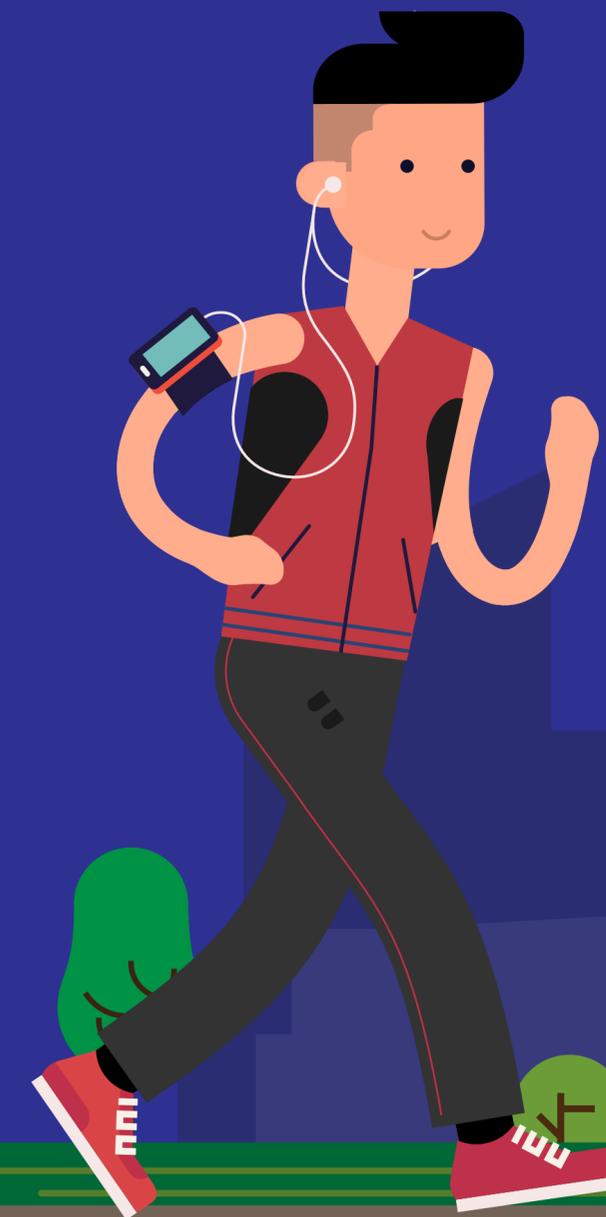


ASPIRATIONS

7 IN 10

Millennials in the Philippines strive to live a healthy, active lifestyle

51% of millennials in the Philippines already engage in physical activity two or more times a week



COMMON TRAITS FOR MILLENNIALS AT WORK



The millennial generation, born between 1980 and 2000, are poised to form **50% of the global workforce by 2020**. With such vast numbers, their presence will have immense influence in shaping workplace cultures, while their well-being will continue to define workforce productivity for the years to come.

**So, who are these influential millennials?
Let's find out.**

9 IN 10
spend **6 to 13**
hours at their
office desk
each day³



6 IN 10
get less than **30**
minutes of physical
activity at work
each day³

HIGHLY SOCIAL
and connected¹



DIGITAL native¹



**COMMON TRAITS
OF MILLENNIALS**



Committed to

**EATING RIGHT
& EXERCISING²**



HEALTHY ACTIVE LIVING FOR MILLENNIALS AT WORK



With the overwhelming demands of their digital and work lives, how can Millennials incorporate healthy, active living into their busy lifestyles? Technology, social activities and communities may be the key to fostering the long-term well-being of the millennial generation.

Here are some tips to help foster a healthier millennial workforce:

NUTRITION

EASY



Dedicate a **healthy eating day** each week, and get your colleagues involved in making healthy choices for lunch on this day!

INTERMEDIATE

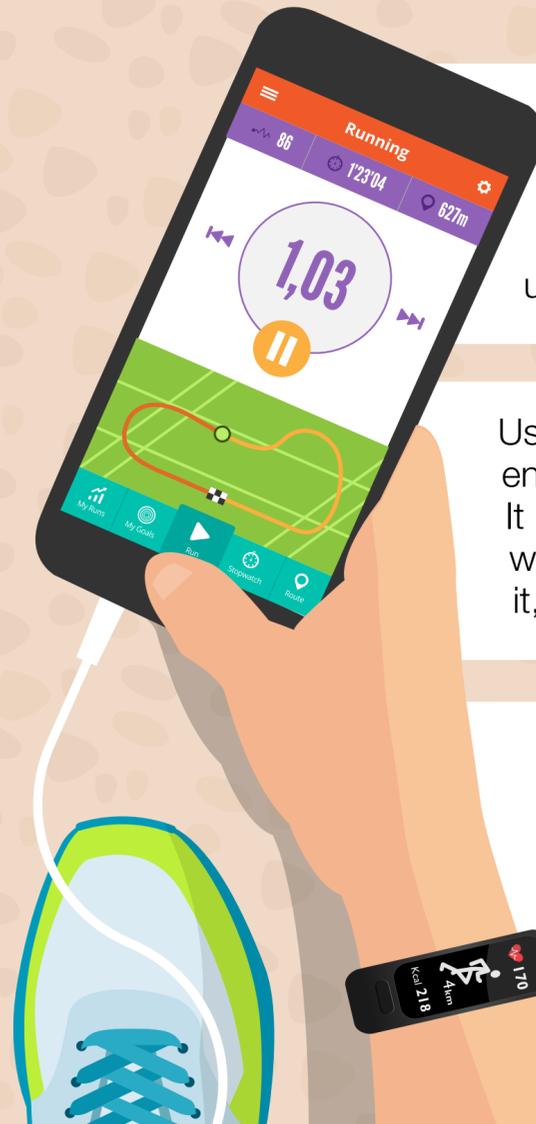


Boosting your water intake has many benefits - it helps your body digest your food, delivers nutrients to your cells, and gets rid of substances that your body doesn't want. Make it a daily commitment to drink at least 8 glasses of water by using a 2-litre water bottle.

ADVANCED



Start your day with a **protein shake combined with non-fat milk and your favourite fruits**. With 20-30g of protein and low fat content, this quick fix breakfast provides you with all the nutrition you need to power through demanding work mornings. For inspiration, you can refer to Susan Bowerman's shake recipes on YouTube.



ACTIVE LIVING

Create a new **Music Playlist** that incorporates an energising, fast-paced music track at hourly intervals – the change in music tempo will serve as a reminder for you to stand up from your seat and move!

EASY



Use your favorite **Running App** to keep you energised and on-pace during regular runs. It measures your running pace and picks a song with the same number beats per minute to match it, making running a fun activity to enjoy!

INTERMEDIATE



When you are ready to make physical activity a regular lifestyle goal, why not incorporate an element of competition too? Set a goal to join a **Running Competition** once every 3 months to motivate you to keep going on the healthy, active living journey.

ADVANCED

