

## What is GET UP?

GET UP, which stands for **Group Exercise and Training for UP Employees**, aims to inculcate to employees the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the risk of developing common non-communicable diseases associated with a sedentary lifestyle. The program involves sessions where employees can gather and exercise through dance or sports.

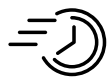
## Program Format and Duration

### Delivery



in person

### Simultaneity



synchronous

### Application



open to all

### Duration

4

hours

### Target pax

50

employees



### Fitness activities

GET UP involves regular physical fitness activities that may be followed by employees to reduce the risk of having diseases associated with a sedentary lifestyle.

## Program Features

### Community of healthy employees

Building a safe community for fitness and health has a positive effect on employee well-being, as it promotes overall health and happiness among staff members.

### Promoting work-life balance

Work-life balance is crucial for an employee's well-being as it helps prevent burnout, reduces stress, and allows individuals to maintain harmony between their professional responsibilities and personal life.

## Testimonial



*Makikita mo yung willingness at enthusiasm ng mga participants sa ganitong activities at nakakatulong (ito) na mabawasan ang stress ng pisang linggong pagtatrabaho.*

**Ma. Christina S. Mate**, Technology Transfer and Business Development Office