

# นับก้าว



ชวนพนักงานกลุ่มเซ็นทรัล  
ร่วมโครงการ Wellbeing แข่งขันเดิน/วิ่ง

พิชิตภารกิจ 30 วัน  
มีสิทธิ์ลุ้นรางวัล 3 ต่อ!!!

รางวัลมูลค่ารวมกว่า 50,000 บาท



## Counting Steps to Prevent Office Syndrome Project

The Company is aware of the health problem of employees working in office buildings, which is called Office Syndrome. This is caused by the behavior of working for too long at an office table and the lack of movement and regular exercise that causes pain and muscle fatigue. Therefore, the Company has initiated the Counting Steps Project to encourage employees to move their bodies and relax their bodies more. The Company has distributed portable pedometers to employees to encourage employees to maintain their health and change their behaviors in order to become more active during the work day by exercising their muscles. The employee with the highest number of steps will receive a reward from the Company for setting a good example.

The Counting Steps project invited employees from all business groups to participate with a target of 3,000 participants. However, when the project started, there were 4,358 applicants with continuous participants in the activities throughout the 1 month project (28 September - 27 October). In 2020, employees from 14 subsidiaries have walked a combined 271,048,519 steps, or an average of 11,907 steps per person / day, which means it has been a successful employee health program and has created positive behaviors and attitudes in regards to the maintenance of employee health.