

WEBINAR

TALK ON ENHANCING OCCUPATIONAL SAFETY AND HEALTH THROUGH FUNCTIONAL FITNESS WORKOUTS

Organised by:
Material Engineering Technical Division, IEM



WITH :
LYNDA BEE
SPEAKER

22 FEBRUARY, 2025
AT 11 AM - 12 PM



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SYNOPSIS

Despite the efforts to protect and increase employee wellbeing at the workplace, musculoskeletal disorder is still the second highest confirmed occupational diseases (after hearing disorder) that chips away at our wellbeing and productivity at work.

If you spend long hours standing, sitting, using display screen equipment, driving, commuting or handling heavy loads at your workplace – and feeling fatigued at end of day...you may want to rethink your physical fitness & movement and take proactive actions.

Join us to learn more on how functional fitness workouts incorporating flexibility, core, balance and resistance training could be the life-changing habit you can start today to minimise risk of musculoskeletal disorder.

SPEAKER'S BIODATA

Lynda Bee is a Certified Personal Trainer who is currently working with her clients to transform their health through personalized fitness programs. With more than 20 years' experience in technology consulting and business development, she had the privilege of working with clients in the various industries including Oil & Gas, Utilities, Telecommunications, Airports, Banking, Retail, Manufacturing and Property Development in diverse cultural settings inside and outside of Malaysia.

Lynda has experienced it first-hand and understand the kind of competing priorities people in corporate face every day, often leaving fitness to chance. Lynda was no exception too until she discovered the beauty of Muay Thai in 2018, which helped her reset from the daily grind, building strength physically & mentally – a turning point in her life. She now wants to help others achieve a healthier lifestyle.