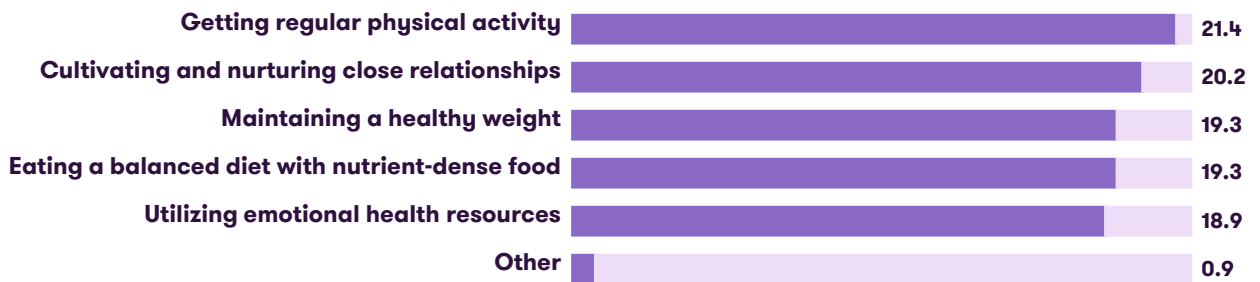


Promoting healthy aging in your population

Wondr Health conducts regular surveys and gathers input to stay connected to the evolving needs of our participants. We use these insights to develop custom resources, including blogs, webinars, new program content, and toolkits to address these needs.

Wondr Health conducted a survey on aging healthily with nearly 500 respondents around the globe between 2/6/24 and 2/13/24. Aging is a part of living, and embracing the natural changes that come with growing older is key to living a happy and fulfilling life. We asked participants to share with us the activities they regularly do to improve their quality of life. **What follows are the results:**



Source: 497 respondents from 72 selected organizations collected between 2/6/2024 and 2/13/2024

Physical activity is the key focus for aging healthily

It's no secret that movement is good for us, but studies show that engaging in regular physical activity can slow the aging process. Findings from the Wondr Health survey reinforce the crucial role of physical activity in aging well, with 21.4% of respondents prioritizing regular exercise for healthy aging. By providing employees with tools to build and improve healthy habits, like physical activity, employers can help extend the lives of their population.

Wondr Health offers resources to help your population prioritize physical activity and improve their quality of life as they age.

For more information about Wondr Health, visit www.wondrhealth.com.