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WHealth

Health - Your Ultimate Wealth

JANUARY 2024



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New Year Goal: Crafting Holistic Well - Being

As we step into the New Year, the canvas of possibilities beckons, urging us to set our intentions and chart a course for growth. Embracing this opportunity, from cultivating mindfulness through daily meditation to enhancing endurance by incorporating varied workouts. But remember, it's not just about fitness alone - aligning holistic health goals, from nutrition to sleep habits, crafts a complete tapestry of well-being.



Here are some easy and realistic fitness goals to kick-start your New Year:



Meditate for 5 minutes every day for mindfulness and calmness.



Boost your cardio endurance to improve your heart health.



Try a new exercise every week.



Increase flexibility by aiming to stretch for 10 minutes every morning.



Start a walking program and set a step goal.



Join exercise classes or workout with friends.



Enhance your running endurance and speed.



Start a new physical activity and challenge your fitness goals.



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Remember, aligning other health goals with your fitness goals is equally important:



Improve your nutritional intake by reducing processed foods.



Enhance sleep quality by disconnecting from screens before bedtime.



Stay hydrated to support overall health and fitness.



Focus on balanced meals, incorporating a variety of nutrients.



Establish a healthy sleep routine by going to bed at the same time nightly.



Use fitness trackers or wearables to monitor progress and stay motivated.



Transform your health this year with a new perspective on fitness goals

Shift your fitness perspective from rigid outcomes to holistic well-being. Embrace diverse activities for increased strength, flexibility, or reduced stress. Set SMART goals, focus on the journey, celebrate victories beyond the scale, and prioritize long-term health habits. Seek support, practice mindfulness, and enjoy the process for a sustainable approach beyond a single year.

Finding your motivation

To make a fitness goal effective, it's important to know why it matters to you. Understanding your deep motivation helps you stay on track and break big goals into smaller, doable steps, boosting your chances of success.

The Power of S.M.A.R.T. Goals

After finding your motivation, S.M.A.R.T. goals help refine your plan. They provide specific, measurable, achievable, relevant, and time-bound targets, guiding your fitness journey with structured steps tailored to your aspirations.



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Fitness Tech: Wearables Redefining Workouts

In today's fitness-focused world, technology plays a pivotal role, blending seamlessly with our active lifestyles. WearableTech has revolutionized how we pursue fitness goals, offering a diverse array of gadgets designed to enhance our workout experiences.

When it comes to wearabletech for fitness, the options are vast like:

Smart Watches: Wearable devices offering diverse functionalities like notifications, fitness tracking, and health monitoring.



Chest Strap, Heart Rate Monitoring: Precise heart rate tracking through a chest-worn sensor, often providing more accurate data during workouts.

Smart Rings: Compact wearable rings equipped with various sensors to track activity, sleep, and some health metrics discreetly.



Continuous Glucose Monitoring: Continuous monitoring systems providing real-time glucose readings for people managing diabetes, aiding in better health management.



Benefits of Using Fitness Wearable Technology



Precise Activity Monitoring



Goal Setting and Accountability



Personalised Insights



Social Engagement



Continuous Motivation



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Actofit: Start your Fitness Journey Towards Healthier You

Actofit stands at the forefront of health tech innovation, embodying the union of technology and biology pivotal to this revolution. Renowned for its cutting-edge fitness solutions, Actofit empowers users through comprehensive health data, enabling informed choices on their wellness journey. With a focus on merging technology with biology, Actofit revolutionizes how individuals approach and understand their health.

Actofit - one of the key portfolio investments of RB Ventures, has completed two successful rounds of funding, and has been recognised as one of the “30 Startups to Watch” by Inc42.



RB Ventures aims to bring together investors from across the globe to support ventures, both within and beyond insurance, that would create maximum impact in the emerging nations of the world. Its main focus is on creating bespoke solutions to catalyse investments for the most impactful ventures.

Transforming Insurance Landscape through WearableTech

Accelerated Underwriting:

Utilizing blood testing and vital outputs from facial scans for medical underwriting accelerates the underwriting process and enhances business efficiency.

Increase Persistency:

Regular engagement for a healthier lifestyle boosts customer retention and opens doors for additional sales opportunities.

Improving Traditional Underwriting:

Using wearable data as an additional underwriting criterion can enhance mortality experience and offer preferential rates for life selection.

Insurance Pricing:

Real-time parameter data improves pricing accuracy by enabling live data analysis, enabling machine learning models to use past & present datasets for relevant pricing and analytics.

Insurance Claims Reduction:

Bio-wearables are expected to reduce hospital bills and claims by 60%, leading to significant savings for insurance companies.

Expanding Insurability:

Enhance offers for previously declined individuals, expanding insurability and aligning risks more effectively with premiums.



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