

Nestlé Health in Action

Issue 10
August / September 2006

Products and Brands

Water for Wellness, Aquapod!

Nestlé Waters – U.S.A

According to the National Center for Health Statistics in the United States, obesity has more than doubled among U.S. children ages 2-5, and, more than tripled among youth ages 6-11 and adolescents ages 12-19 since 1980.

As a result, various public health actions are being taken to encourage children to adopt healthier lifestyles, watching calories and increasing physical activity. Water fits into this plan perfectly. Besides being readily available and convenient, water is, of course, naturally calorie-free.



Dr. Jennifer Trachtenberg

Aquapod Mobile Tour. Nestlé has also teamed up with NYC pediatrician and author Dr. Jennifer Trachtenberg to speak about the benefits of water.

Nestlé Waters is offering tips on activity and hydration to families. Below are some examples that may be useful to you and your family.

Have Fun, Be Active

Here are some tips provided by 'We Can!':

- Make physical activity a part of your family's daily routine:
 - Park the car further away from your destination
 - Assign "active" chores like raking to kids.
- Establish a family day once a week. Play Frisbee or basketball in the park, or walk around the zoo or your favorite museum.

Sweat it Out, Take it Back In

After all of that activity, it's important for kids to stay hydrated. Here are some hydration tips from NWN spokesperson, Dr. Jennifer Trachtenberg:

- Encourage your children to drink water at 6 months of age.
- Hold off on juices until after age one to help encourage the taste for water as a thirst quencher.
- Freeze water bottles the night before to put in your child's bag — kids will have cold water to drink at lunch or during afterschool activities.

Use these tips on exercise and hydration as a starting point, and consult your pediatrician to suit your family's lifestyle. A few changes now can make a lifetime of difference in your family's well-being!



Nestlé Waters North America has designed Aquapod® Brand Spring Waters, 11-ounce, bubble-shaped bottles, to make

drinking water "less boring" and more fun for kids.

A comprehensive campaign is being implemented to share the benefits (and fun nature) water can have.

The educational campaign includes advertising and a game filled Web site (with a parent section). Nestlé Waters also developed a giant Aquapod Mobile, a vehicle that will travel the United States to introduce Aquapod and engage kids in various physical activities.

Finally, in an effort to demonstrate the company's commitment to children's health and wellness, Aquapod partnered with 'We Can!' (Ways to Enhance Children's Activity and Nutrition), a national education program of the Washington, D.C. based National Institutes of Health. Thousands of 'We Can!' brochures will be distributed during the



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Programmes

Staff Wellness Programme

Nestlé Singapore

Nestlé Singapore launched an integrated and comprehensive Internal Wellness @ Nestlé programme in 2003 to promote awareness and impart necessary life-skills to strive for a healthy work-life for all staff. This programme is on-going and encompasses:

Nutrition Information

Continuous learning is encouraged with easy access to information internally and externally via the Company's Wellness website and its related e-learning tool.

Healthy Cooking

Nutritious cooking demonstrations are organised by the in-house Home Economist to encourage employees to cook healthy dishes using Nestlé products.



Healthy Eating

The in-house nutritionist regularly reviews the menu in the factory canteen to ensure that healthier food choices, both in terms of the methods of cooking and the ingredients used, are offered.

Talks / Education

Regular talks / presentations and workshops on wellness (nutrition, weight management, cholesterol, heart disease, stress, first aid, etc) were organized for staff to learn first hand from qualified nutritionists and instructors.



Regular Health Screening / Fitness Checks

Regular health screening / fitness measures and health trend results helped the staff to plan appropriate wellness activities and also to promote self-awareness, which also reinforces the motivation to stay



fit and healthy. Targeted intervention such as Body Weight & Cholesterol Management Programme was organised for staff with weight and cholesterol problems.

Exercises and Workouts

Weekly, rotating sets of exercise classes like Yoga, Aerobics, Pilates are held at nearby locations for convenient workouts after work. Varied outdoor activities like exercises / walks in parks, dragon boating and water polo are organised to encourage work-life balance.



Fruity Day

To highlight the benefits of fruits and vegetables, Nestlé Singapore designates Tuesdays as Fruity Day. On these occasions, different fruits with their nutritional facts are given to staff.

Health Awards

For all the above Wellness activities organised for employees, Nestlé Singapore was awarded the Bronze and Silver Singapore HEALTH (Helping Employees Achieve Life Time Health) Awards respectively in Year 2004 and 2005 by the Health Promotion Board in recognition of the commendable Workplace Health Promotion Programme.

What's Next

Moving forward, Nestlé Singapore will expand the programme based on health screening results and lifestyle / health practices survey for employees who need special intervention. They will also pursue popular physical activities and nutrition / wellness talks and education for the larger population.

