



MOVE FOR HAPPINESS

Discovery Shores Boracay hosted the first ever **Laboral Summit: Move More, Live More!** held last July 30 to August 2, 2021. The Summit was a Laboral wellness retreat with three-day-long activities of movement sessions, mindfulness therapy, healthy cooking and mixology demos, webinars, and activities designed for both physical and mental wellbeing. The Move More, Live More! Campaign is a holistic wellness program that encourages better lifestyle choices through movement, happy and healthy nutrition, travel, and meditation.

The summit aimed at achieving a healthier lifestyle for its participants especially with the current work-from-home arrangements where the natural movements of walking, climbing stairs, twists and turns were significantly reduced in one's daily routine. This lack of muscle and joint movement leads to ergonomic pain and discomfort, an unhealthy spine, poor blood circulation, and limits brain oxygenation. All these can result in occupational and long-term health issues if left unmitigated. Movement of the body parts the right way helps alleviate pain; restores focus through proper oxygenation of brain and circulation of blood; boosts immunity through lymphatic health; releases happy chemicals to improve mood; and assists in sleep and relaxation, all leading to a healthy and happy wellbeing.

In addition to physical movement, the Laboral Summit promoted movement towards healthy eating; movement towards self-enrichment and development through learning and harnessing skills; and spiritual and mental movement through meditation.

The three-day summit featured morning Pilates sessions by the beach, labor gymnastics relaxations at the Clubhouse Deck, Happy and Healthy Hour at Sand Bar, nature walks at the Boracay beachfront, Tibetan sound healing sessions, healthy cocktail and mocktail demos, pizza-making sessions, plus delectable daily themed meals and rejuvenating spa treatments. All these activities were done following the health and safety standards established by the Department of Tourism and are consistent with Discovery Shores Boracay's Home Safe program. In partnership with the global leader Lysol, the Home Safe program consists of health, cleanliness and sanitation protocols that cover the over-all operation of the resort.

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Truly a multi-faceted approach to health and wellness, the Laboral summit answers the present-day needs of the new normal for individuals, corporate groups or even families who want to live a life well-lived -- movement for physical and mental wellness; movement for happiness.

ABOUT LABORAL

LABORAL is the labor wellness program of the Discovery Hospitality Corporation, as part of its OSH shared services offerings.

Partnered with GPA Brazil, a leading labor gymnastics company with 17 years of thought leadership in workplace ergonomics, Discovery Hospitality Corporation trail blazes wellbeing discovery to help energy seekers find the balance in their health and achieve a more comprehensive wellness level, especially in light of the new normal. The **Move More, Live More!** campaign targets the main pillar of movement, done through ergonomic human exercise interventions in sequences designed to target different high-tension areas of the body.

To know more about the resorts' Home Safe Program, visit <https://www.discoveryshoresboracay.com/discover/home-safe/>. For inquiries and reservations, visit www.discoveryshoresboracay.com or call (632) 7720.8888

Discovery Shores Boracay and Club Paradise Palawan are owned by The Discovery World Corporation and managed by the Discovery Hospitality Corporation.

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