



Building a healthier you: Physical well-being

A better world starts with the best you.



Your health, safety and well-being are important to us. The benefits and programs we provide are designed to give you the tools and resources you need to stay healthy in all areas of life. This summary provides an overview of the physical well-being benefits and resources offered to all employees globally. Explore these benefits to discover the value these plans and programs bring to your life.

Helpful benefits and well-being resources

[WellBeingAtAECOM.com](https://www.aecom.com/WellBeingAtAECOM.com)

Explore **physical well-being resources and benefits**, including podcasts, books, quizzes, apps and more, to help you become more active, eat smart and sleep well. Discover healthy habits plans and fitness classes that will put your physical well-being first.

- [10 Ways to Get Better Sleep](#)
- [Are You Protecting Your Physical Well-Being?](#)
- [Eat Well with Mindful Eating](#)
- [Increase Your Daily Steps](#)

[Class Pass](#)

Stay active and healthy with thousands of on-demand fitness and wellness classes. Enjoy a discounted ClassPass Membership (Company code: AECOM) for access to livestream and in-person classes and wellness and beauty services.

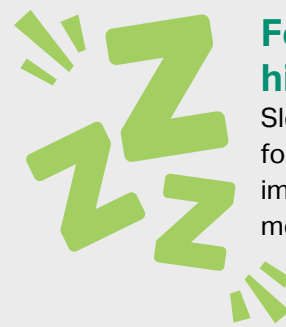
[Global Well-Being Challenges](#)

Participate in the global well-being challenges throughout the year to join your colleagues in boosting your physical health and well-being.

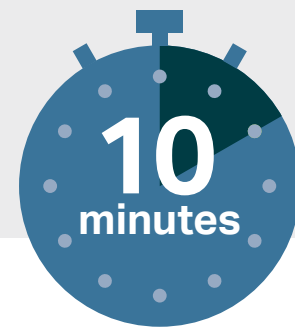
Quick facts about physical well-being



During exercise, your body releases endorphins, which boosts your mental well-being and leads to improved mood.¹



Feel good about hitting snooze! Sleep is a critical component for physical well-being — improving your brain performance, mood and overall health.²



Too tired to exercise? As daunting as physical movement may be for some, just 10 minutes a day is known to help combat chronic fatigue.³



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Adults should do at least **150–300 minutes** of moderate-intensity aerobic physical activity each week⁴ — reducing risks for chronic diseases, such as diabetes, high cholesterol and high blood pressure.⁵

Country-specific resources

You may have access to additional resources and benefits in your country. Explore [WellBeingAtAECOM.com/resources/physical/](https://www.aecom.com/WellBeingAtAECOM.com/resources/physical/) to learn more.

1. WebMD
 2. NIH
 3. Gilbert Labs
 4. World Health Organization (WHO)
 5. Health.gov