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For immediate release.



Annual check Amsterdam Manor

A healthy workplace starts with a healthy body

Amsterdam Manor Beach Resort held its annual body checkup for all employees. This checkup serves as a motivational tool for all to embrace a healthy lifestyle.

The good to recognize Bus di Salud from IBISA (Instituto Biba Saludabel y Activo) drove up to the parking lot of Amsterdam Manor Beach Resort on November 19. All of the hundred employees of the resort were free to come for a health-check and by the time the bus and the medical staff were ready to examine, a group of workers had already lined up. Last week the employees were briefed about the medical check-up. The decision to actually do the check was left by the employees themselves. It appeared that most part was interested in their own health since almost all workers visited the bus. Sometimes the line was even long because of all the employees waiting, that they would come back for it.

The checkup consisted of a general weigh-in, measuring of the BMI. In addition to this the blood pressure and blood sugar levels of the staff was also tested. Most of the staff got a clean bill of health. The ones that did not could stay and have a further consult with the physician that was present. During this consult they were given tips and suggestions on how to achieve and maintain a healthy body.

Amsterdam Manor Beach Resort organizes the health check on a yearly base but it was the first time for the IBISA bus because this bus arrived on the island just this year. Other years the checkups were done by Wit Gele Kruis.

