



**HEALTHIER, LONGER,
BETTER LIVES**

**AIA Philippines Life and General
Insurance Company**

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PRESS RELEASE

THE WONDERS OF CYCLING

MANILA, PHILIPPINES – While return to onsite work and easing of restrictions provide some semblance of post-pandemic normalcy, most still remain hypervigilant because of the sudden rise of cases. This means it is still important to not let down your guard, observe health and safety protocols, and make sure your immune system is in top shape through proper diet and exercise.

One of the activities many started during the pandemic is cycling, encouraging people to get out of the house for fresh air and a change of environment. It is easy enough to do and perfect for those who just want to do it leisurely, and equally perfect for those looking for a higher intensity cardio workout.

It's also proven to have many benefits which contribute to improving one's mental and physical wellbeing.

Cycling increases endurance and improves cardiovascular health on and off the bike.

Biking for at least 30 minutes a day improves overall cardiovascular health and muscular endurance, research says. The key to building endurance is consistency--it allows you to increase your distance and level of intensity over time. With practice, you'll soon notice you can pedal your way to longer and more challenging rides without feeling too tired.

Cycling is beginner-friendly.

The good thing about cycling is that it's easy to learn. With basic skills and little effort, you can enjoy casual spins around your neighborhood. Pace yourself depending on what your body can handle and slowly adjust your mileage and intensity. What's more, cycling is a low-impact exercise suited for all ages!

Cycling improves your balance, posture and coordination.

The first step in learning how to bike is finding your balance and figuring out how to stabilize your body. If you're a beginner, don't be too hard on yourself! It may take a bit of time to get the hang of things, but with regular practice, you'll see significant improvement in your balance, posture, and coordination.

Cycling supports weight loss.

With limited opportunities to exercise in the last two years, you likely have gained a few unwanted pounds. Luckily, cycling helps you lose weight and build muscle in a safe way. It allows you to get



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your heart rate up with less wear and tear on your knees, ankles, and other joints. To maximize your calories burned, try to increase the intensity or duration of your bike workout.

Cycling boosts mental health and brain power.

It's tested and proven--cycling is one of the best ways to battle brain fog. Aside from lessening feelings of depression, anxiety, and stress, it also boosts brainpower leading to better focus and concentration. Plus, you get higher energy levels within the day because of your increased stamina!

Cycling helps you feel good.

Similar to runners, cyclists also get a “cycling high” and science has proven that it's for real! After a ride, cyclists experience a spike in neuro-chemicals such as serotonin, dopamine and endorphins—otherwise known as happy hormones. At the same time, cycling is a great way to spend quality time with the family.

Get rewarded for being healthy with AIA Vitality

It's never too late to start new habits. Hop on your bike, get more active, and earn rewards from AIA Vitality, AIA Philippines' wellness program that rewards you for knowing and improving your health. You can earn up to 100 AIA Vitality Points daily from cycling and get instant freebies for hitting your fitness targets two weeks in a row.

Beyond the protection, investment and savings benefits that AIA Philippines offers, AIA Vitality raises the bar and gives unprecedented living benefits that members can enjoy for being healthy. These include 70% off elite membership at Gold's Gym, up to 30% off Samsung, Garmin, and Fitbit fitness devices, and 25% off at Toby's Sports, Runnr and urbanAthletics. You can also enjoy exclusive insurance benefits of up to 50% additional coverage, 20% premium discount or 100% loyalty boost.

Every cyclist has a story. Create yours today with AIA Vitality!

Click [here](#) for more information about AIA Vitality and the Total Health Solution offered by AIA Philippines, or [here](#) to visit the AIA Philippines Facebook page, email customerservice.ph@aia.com or call (02) 8528-2000 to know more.

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About AIA Philippines

AIA Philippines (AIA Philippines Life and General Insurance Company, Inc.), formerly AIA Philam Life (The Philippine American Life and General Insurance Company), is the country's premier life insurance company. Originally established on 21 June 1947 and



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became popularly known as Philam Life, AIA Philippines has earned the trust of customers for its financial strength, strong brand name, and ability to deliver on its promises.

AIA Philippines has PHP276.73 billion in total assets¹ and PHP72.21 billion in net worth² as of 31 December 2021 while serving almost 800,000 individual policyholders and nearly 800,000 insured group members.

AIA Philippines understands the needs of its customers and provides holistic solutions that include life protection, health insurance, savings, education, retirement, investment, group, and credit life insurance. It also offers bancassurance through its subsidiary, BPI AIA Life Assurance Corporation (formerly BPI-Philam Life Assurance Corporation).

Based on the Insurance Commission results as of 31 December 2021, the combined total premium income of AIA Philippines and BPI AIA was at PHP33.91 billion.

AIA Philippines is a member of AIA Group Limited, the largest independent publicly listed pan-Asian life insurance group.

About AIA

AIA Group Limited and its subsidiaries (collectively “AIA” or the “Group”) comprise the largest independent publicly listed pan-Asian life insurance group. It has a presence in 18 markets – wholly-owned branches and subsidiaries in Mainland China, Hong Kong SAR³, Thailand, Singapore, Malaysia, Australia, Cambodia, Indonesia, Myanmar, New Zealand, the Philippines, South Korea, Sri Lanka, Taiwan (China), Vietnam, Brunei and Macau SAR⁴, and a 49 per cent joint venture in India.

The business that is now AIA was first established in Shanghai more than a century ago in 1919. It is a market leader in Asia (ex-Japan) based on life insurance premiums and holds leading positions across the majority of its markets. It had total assets of US\$340 billion as of 31 December 2021.

AIA meets the long-term savings and protection needs of individuals by offering a range of products and services including life insurance, accident and health insurance and savings plans. The Group also provides employee benefits, credit life and pension services to corporate clients. Through an extensive network of agents, partners and employees across Asia, AIA serves the holders of more than 39 million individual policies and over 16 million participating members of group insurance schemes.

AIA Group Limited is listed on the Main Board of The Stock Exchange of Hong Kong Limited under the stock code “1299” with American Depositary Receipts (Level 1) traded on the over-the-counter market (ticker symbol: “AAGIY”).

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¹ Based on the 2021 annual accounts Securities and Exchange Commission (SEC) filing.

² Based on the 2021 annual accounts Securities and Exchange Commission (SEC) filing.

³ Hong Kong SAR refers to Hong Kong Special Administrative Region.

⁴ Macau SAR refers to Macau Special Administrative Region.