

What if staying  
in one place  
didn't mean  
standing still?

**A better working world.  
It's yours to build.**

■ ■ ■  
The better the question. The better the answer.  
The better the world works.



**EY**

Building a better  
working world

# EY MY Fitness Class Challenge

As lockdown progressed, we acknowledged that adjusting to a restricted lifestyle was challenging for everyone.

Staying true to our purpose of building a better working world, we used our resources to help our EY signed students take care of their mental and physical wellbeing.

We did this via our **EY My Fitness Class Challenge**. EY signed students were invited to attend at least one EY My Fitness online class. Invites were extended via email and student WhatsApp groups.



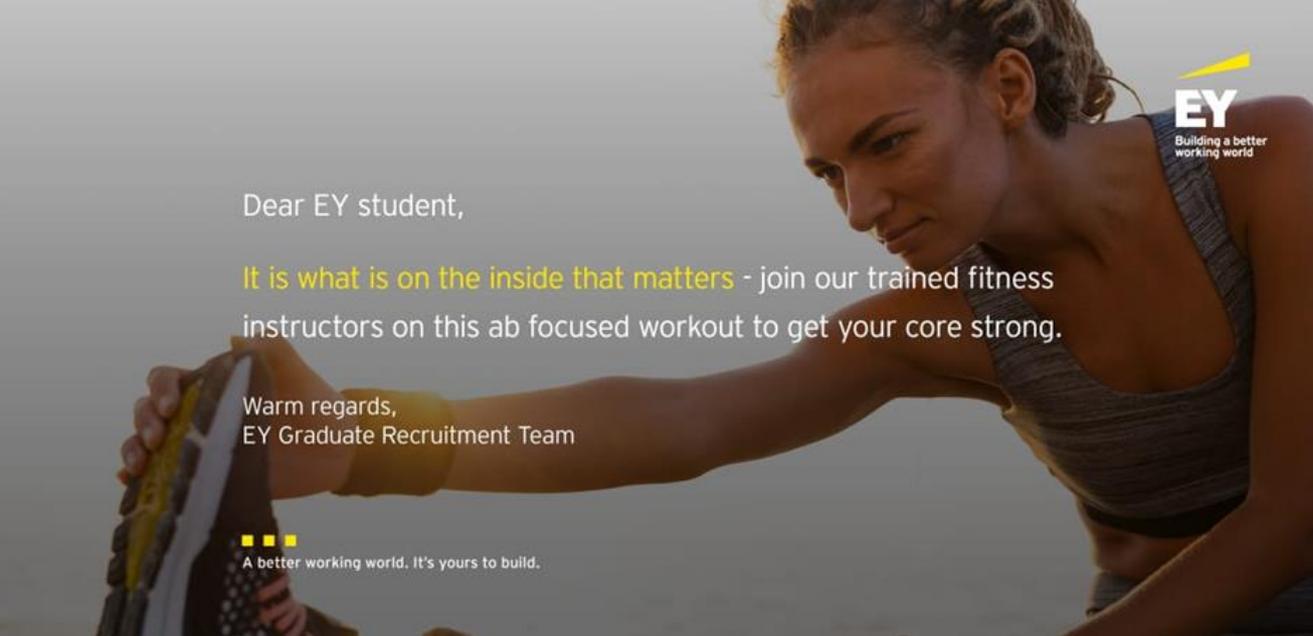
After attending an online fitness class, students posted a comment or photo on the EY social media sites, Facebook, and Twitter using the following hashtags:

**#EYAfrica**

**#TogetherAtHome**

**#BetterWorkingWorld**





Dear EY student,

**It is what is on the inside that matters** - join our trained fitness instructors on this ab focused workout to get your core strong.

Warm regards,  
EY Graduate Recruitment Team

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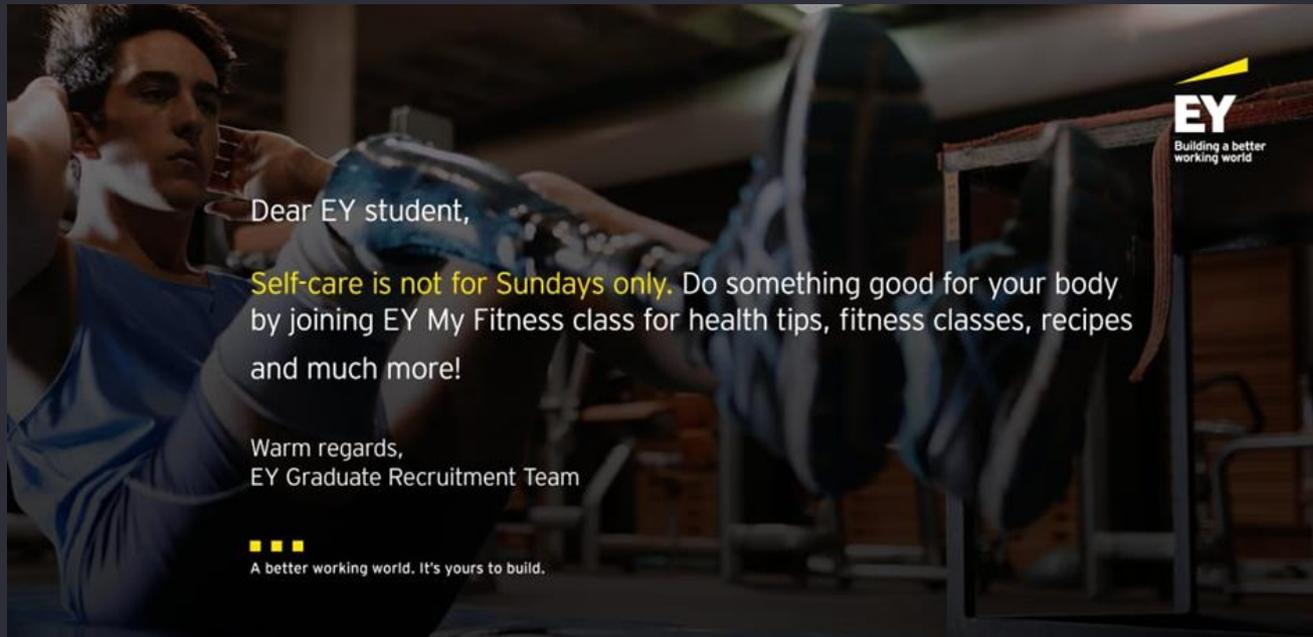


Dear EY student,

**Fetch your summer body now!** Join EY My Fitness class today and give your body the transformation it deserves.

Warm regards,  
EY Graduate Recruitment Team

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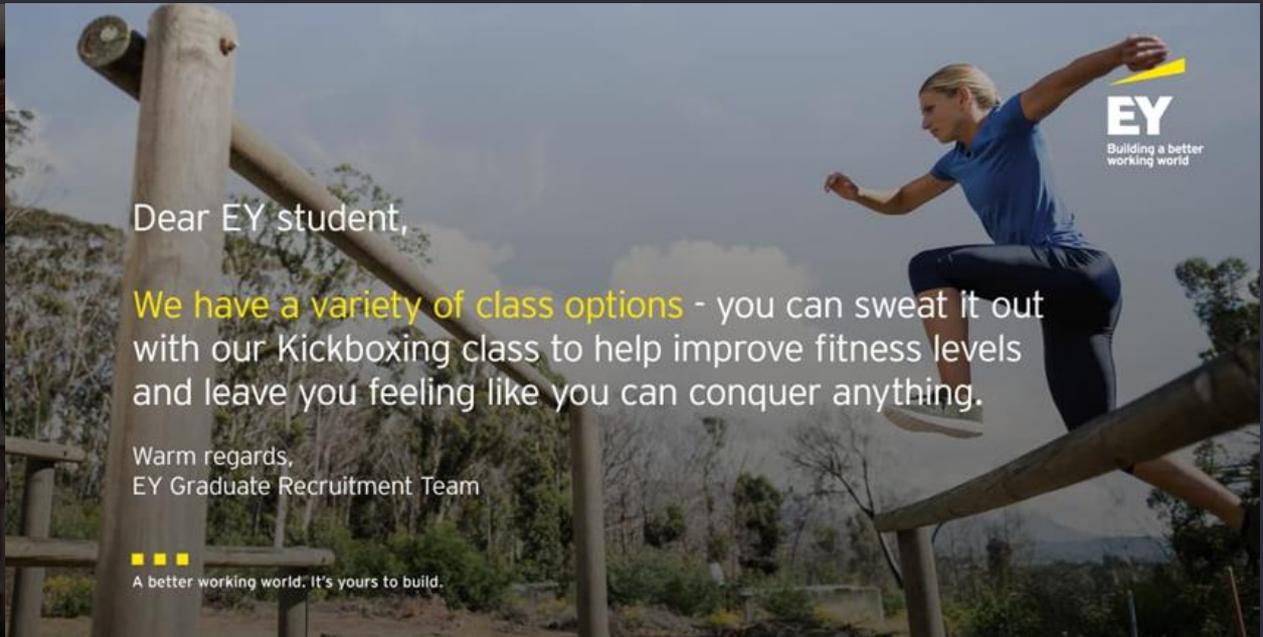


Dear EY student,

**Self-care is not for Sundays only.** Do something good for your body by joining EY My Fitness class for health tips, fitness classes, recipes and much more!

Warm regards,  
EY Graduate Recruitment Team

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A better working world. It's yours to build.



Dear EY student,

**We have a variety of class options** - you can sweat it out with our Kickboxing class to help improve fitness levels and leave you feeling like you can conquer anything.

Warm regards,  
EY Graduate Recruitment Team

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A better working world. It's yours to build.

**Claire Rouillard** 1d • 🌐

#EYAfrica #TogetherAtHome #BetterWorkingWorld

Thank you Ernst & Young for my Yoga workout this afternoon! Much needed after a long day of studying Process Costing 📖 Ready for Kickboxing tomorrow with my EY colleges!



**Laylaa Fakier Dada** ▶ EY Careers 2d • 🌐

I'm so excited to be taking part in the EY My Fitness Class Challenge! Afternoon yoga at 5pm 🧘 #EYAfrica #TogetherAtHome #BetterWorkingWorld

**Tukiso Maila** @shallom\_maila · 15h  
@EY\_Africa

Another yoga session with Ey My Fitness Class. Must say I really enjoyed it although it was a bit short 🧘🔥 My legs needed that stretching, becoming flexible isn't easy ey... 😂😂 But I'm here for it!! #EyAfrica #TogetherAtHome #BetterWorkingWorld

The **EY MY Fitness Class Challenge** was a first for EY South Africa. With a number of students participating in more than one online class, it proved to be very popular with students.

The challenge ran for ten days, and at the end of the ten days, four winners were chosen randomly. Each winner received an EY branded sports watch.

**IG: andile\_brian** @AndileHlanzela · 3h

I'm already looking forward to a great, productive day <sup>100</sup> after after a relaxing Stretching session 🔥 with EY My Fitness Class #EYAfrica #TogetherAtHome #BetterWorkingWorld #Fitness #Wellbeing #Mindset #Body #Success #Health @Ey\_Africa

**Siphesihle Ngcobo** ▶ EY Careers 1d • 🌐

Just Finished my first workout challenge Yoga Session. Was good but so much work haha I'm not that flexible. 😂😂 #EYAfrica #TogetherAtHome #BetterWorkingWorld

**Cheri-Amor van Driel** ▶ EY Careers 3h • 🌐

I had such a lovely yoga session this morning with MyHealthLive. What a great way to start the day! 🙌🌱 #EYAfrica #TogetherAtHome #BetterWorkingWorld

EY | Assurance | Tax | Transactions | Advisory

#### About EY

EY is a global leader in assurance, tax, transaction and advisory services. The insights and quality services we deliver help build trust and confidence in the capital markets and in economies the world over. We develop outstanding leaders who team to deliver on our promises to all of our stakeholders. In so doing, we play a critical role in building a better working world for our people, for our clients and for our communities.

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