

## Swing, shake and bounce your body

KOSHA had an event to introduce stretching song application at Daehak-ro, on 5<sup>th</sup>

5<sup>th</sup> November,

KOSHA recently held an event to introduce newly developed application of ‘stretching song’ where the agency encouraged all the people there to exercise with the song.

Members of a dance team ‘Dance Jo-A’ dressed up as office workers, field workers and housewives to show how to dance with the ‘stretching song’ at the event held under the theme of ‘swing, shake and bounce your body for health’.

The application shows Min-A, a member of idol group ‘Girl’s day’ of teaching how to dance with the ‘stretching song’, developed by KOSHA in an effort to prevent workers’ muscular skeletal disorders.

An associate of KOSHA said “this event serves as an opportunity to look back health status as the agency celebrates 200<sup>th</sup> ‘safety inspection day’” expressing his hope that many people could enjoy the ‘stretching song’ with Min-A’s dance through the application.



The dancing team members who dressed up as workers, students and housewives are demonstrating dance with the ‘stretching song’.