

Cotemar joins the Commitment to

Drive a Culture that will Promote Physical Activity

Through the #CuandoTeActivasTeLiberas (When you get Active you are Free) motto, this program aims to defeat physical inactivity

October 21, 2022

Mexico City, Mexico. Today, **Grupo Cotemar** announced that it has joined the **Commitment to Drive a Culture that will Promote Physical Activity**. This initiative is sponsored by the Communication Council, Voice of Companies (**Consejo de la Comunicación, Voz de las Empresas**) with the support of different public institutions and private companies and aims to contribute to the **Global Action Plan on Physical Activity: More active people for a healthier world** program developed by the **World Health Organization (WHO)**. The goal in Mexico is to encourage the 2% of the population that is physically inactive to do at least 30 minutes of physical activity a day, five days a week.

For **Grupo Cotemar**, prioritizing the physical, mental, and emotional health of its employees on land and at sea is an ongoing commitment. As such, **Cotemar** implemented the **Balance Cotemar** program 10 years ago. Through the years, the approach of this program has evolved and now focuses on encouraging all employees to adopt a healthy life for themselves and their families based on four pillars: nutrition, physical activity, rest, and personal/work-life balance.

The purpose of the **Commitment to Drive a Culture that will Promote Physical Activity** is to:

- Encourage all employees to exercise for at least 30 minutes five days a week.
- Design and strengthen programs that will help drive a culture that will promote physical activity.
- Promote physical activities and revitalize, design, and implement physical activity programs in public spaces, recreational centers, schools, and workplaces.
- Create or actively participate as a member of the State Committee for the Promotion of Physical Activity.
- Design coaching activities for physical trainers.
- Establish goals and objectives
- Drive and promote physical activity campaigns





- Contribute to the development and preparation of studies on the different physical activity programs.

“Since **Cotemar** is fully committed to every aspect of our employees’ well-being, we have joined initiatives that will strengthen the quality of life of our employees and their families, as well as the communities where we work. There is no question that the **Commitment to Drive a Culture that will Promote Physical Activity** allows us to strengthen both our **Balance Cotemar** program and the **volunteering** activities we carry out in the community”, said an internal Cotemar source.

Cotemar is a socially responsible Mexican company that has over 43 years of experience and is committed to society and its stakeholders and strives to create value while maintaining the highest ethical performance levels.

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About Cotemar, S.A. de C.V.

EXPERIENCE, EFFICIENCY, DELIVERY, AND SOCIAL EMPATHY DEFINE US

We are a 100% Mexican company founded in 1979 that provides comprehensive offshore exploration and production (E&P) solutions, ranging from operational support to offshore design and construction projects.

Our experience and unique infrastructure in the Gulf of Mexico position us as the best option for our customers by collaborating with them and helping them overcome their challenges and maximizing the return on investment.

We are driven by our culture of collaboration and by turning challenges into great opportunities. Backed by more than 43 years of experience in the industry, we execute our projects in a safe, efficient, and timely manner. One-stop to get it done, and done right.

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