



## Corporate Fitness

Take your team building initiatives to the next level. Corporate Fitness Sessions are the perfect way to simultaneously boost your staff's health status, friendship and morale.

### Is your company struggling with...?

- Staff burnout due to a lack of work-life balance
- Low staff morale
- A lack of teamwork and camaraderie
- Communication between staff members
- Unproductive and unenergetic staff
- Staff with health risk factors such as overweight or high blood pressure

### The solution

Make fun and fitness a part of everyday life in your workplace. Corporate Fitness Sessions are a simple way to boost work-life balance throughout your workplace and help prevent your staff from becoming unproductive and burnt out.

### Company benefits

- Create a genuine "team feel" in your workplace
- Improve communication and retention of your employee
- Boost your staff's energy levels, wellness and productivity
- Be recognised as an "employer of choice"
- Reduce injuries, illness and overall absenteeism

### What's involved?

- An initial health and fitness screening for each participant
- Weekly group fitness sessions at your workplace or a nearby park
- Fully qualified Fitness Instructors conducting each session, to achieve the best possible results and to maintain safety and injury prevention standards
- Progress 'Report Cards' for each participant

### Good Health is Good Business

*Corporate Fitness are one of the best investments you could make from your training budget.*

*Your employee's are your biggest asset and keeping your workplace happy and most of all motivated is key to running a successful company. An Employee Benefits Program has been proven to bring workplaces together to run more effectively and efficiently and also provide a better working environment.*

*Your company's convenience is my priority, with all sessions held at your workplace itself or in a nearby outdoor location, and with flexible times to suit your team's typical working hours.*

For more detail information: Call me today on 078 447 742, or contact me on email: [todordosevskipt@gmail.com](mailto:todordosevskipt@gmail.com)



**Personal Trainer**

