

Employee Wellness Workshop

Topic: Work life Balance & Stress management

Contents for One Day Workshop

SESSION 1: Time duration: 30 minutes **Introduction to health and fitness**

This session will introduce you to all the aspects of health, wellness and fitness, as well as a complete and comprehensive insight about health and fitness .It will also brief you about the present health and wellness status of your employees.

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SESSION 2: Time duration: 75 minutes **Wellness Profiling (detailed)**

This will include a complete assessment of your wellness and health status by means of a Health Scan/Test which will assess your stamina, strength, flexibility, lung capacity, random blood sugar, blood pressure, body fat, height, weight and type of personality.



SESSION 3: Time duration: 75 minutes

Work life balance with balanced diet and nutrition

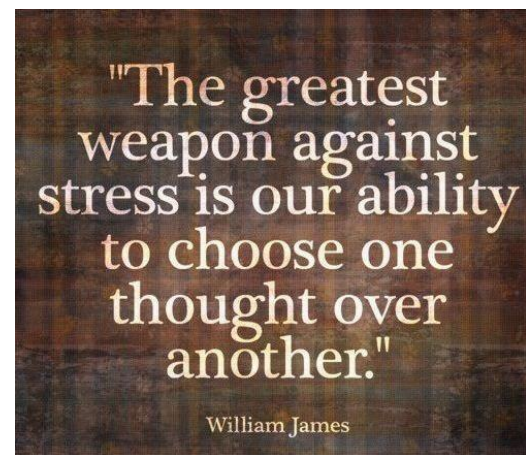
To attain optimum levels of wellness, healthy diet and proper nutrition are of utmost importance. In this session we will guide you about healthy diet and proper nutritional habits. Lifestyle Diseases and Dependencies (alcohol, smoking, etc.) are a great threat to today's fast growing world. We in this session will enable you to manage all lifestyle diseases and help you get rid of dependencies through wellness and lifestyle changes.



SESSION 4: Time duration: 75 minutes

Stress & Lifestyle Management

Today's corporate world is full of challenges like mental stress and fatigue. The growing awareness among corporates to provide services that increase productivity, decrease absenteeism are becoming paramount in maintaining a competitive edge. Our session on stress management will help you to manage stress through meditation and an extremely advanced session on relaxation.



Once you are completely aware about wellness and its management for good health. It is also important to know about your lifestyle, its importance and its management. This part of the session deals exclusively with types of lifestyles and measures you can take to change unhealthy lifestyle to a healthy one

SESSION 5: Time duration: 75 minutes

Exercise & Fitness for work life balance

This session will help you to attain optimum health with our specially designed office exercises/Deskercise and learn all the right techniques of exercise along with different forms of exercise to lose weight and maintain your optimum BMI (Body Mass Index)

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**



SESSION 6: Time duration: 150 minutes

Action Planning & Group Counseling

Here we individually evaluate, analyze your Wellness Scan/test results and help you to choose the right path to wellness through action planning and group counseling.