



CORPORATE WELLNESS PROGRAM

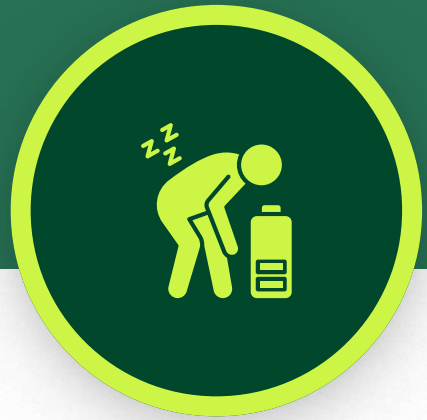
By Primefit

A structured mental well-being and
lifestyle solution for modern workplaces



The Workplace Reality

Today's Workplace Challenges



Rising Stress & Burnout



Low Energy & Disengagement



Poor Lifestyle Habits due to Workload



Reduced Focus & Productivity



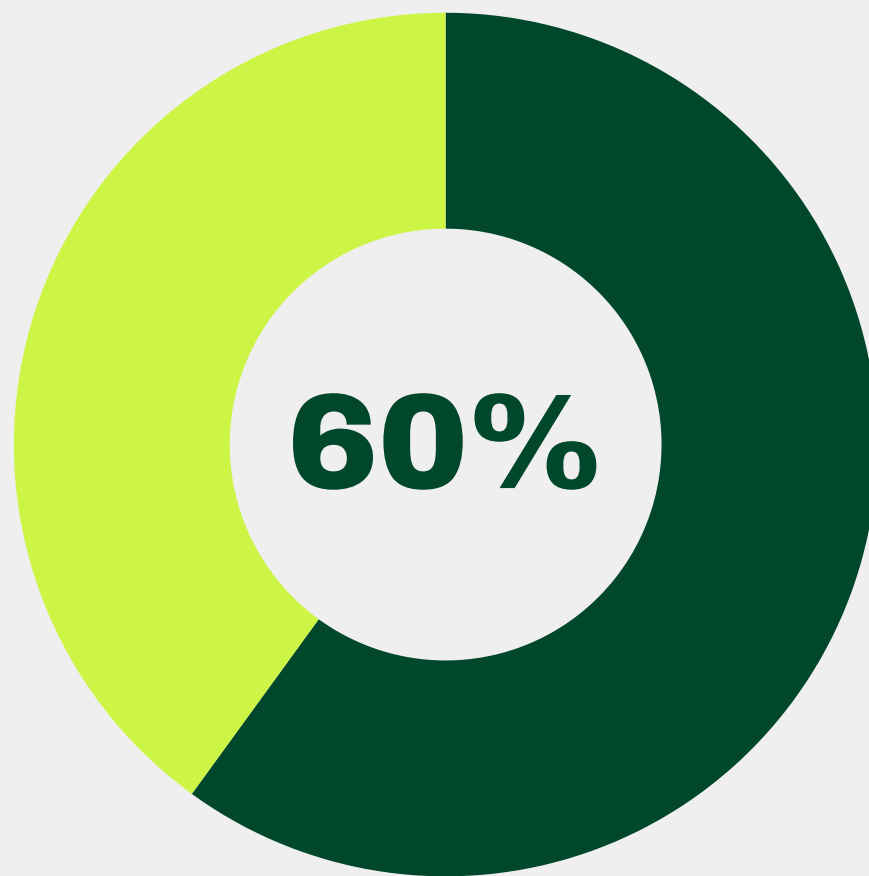
HR Initiatives that Struggle to Demonstrate Impact

Wellness is no longer optional. It is strategic.

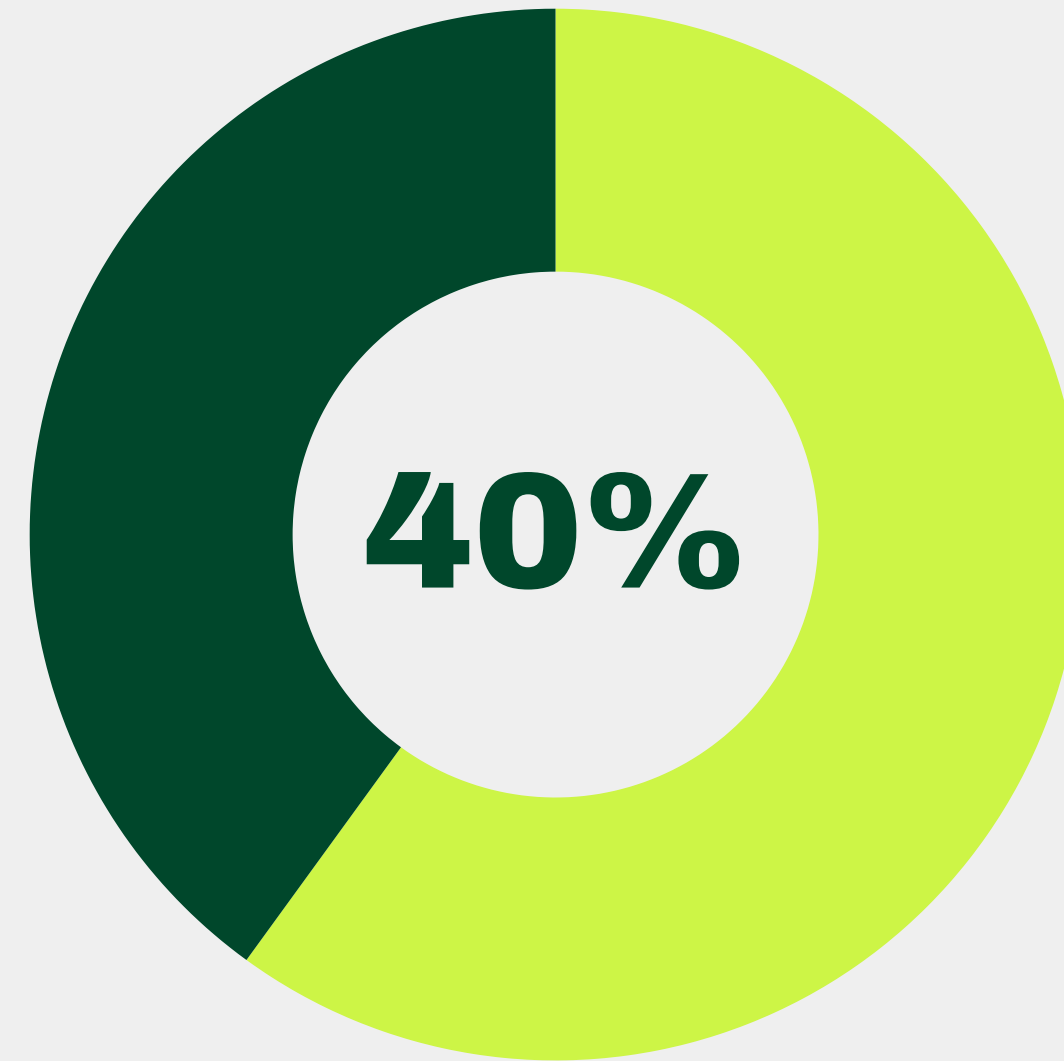
Our Core Focus

Balanced. Sustainable. Practical.

We prioritize mental resilience, stress management, and emotional balance, supported by practical nutrition and movement habits that improve daily energy and focus.



Mental
Well-Being



Nutrition &
Lifestyle

INTRODUCING PRIMEFIT'S CORPORATE WELLNESS PROGRAM

A structured, coach-led wellness program focusing on:



Mental Well-Being First & Sustainable Daily Habits



Nutrition & **Lifestyle Improvement**



Measurable **Employee Engagement**

**This is not a one-off session; this is behavior transformation.*





WHERE PRIMEFIT FITS

Primefit's approach is designed around what workforce data repeatedly shows:

Small, Repeatable Actions

outperform large interventions

Ongoing Reinforcement

drives habit adoption

Integrated Mental and Lifestyle

support reduces burnout risk more



Designed for Modern Workplaces



On-site
Teams



Remote
Teams



Hybrid
Teams

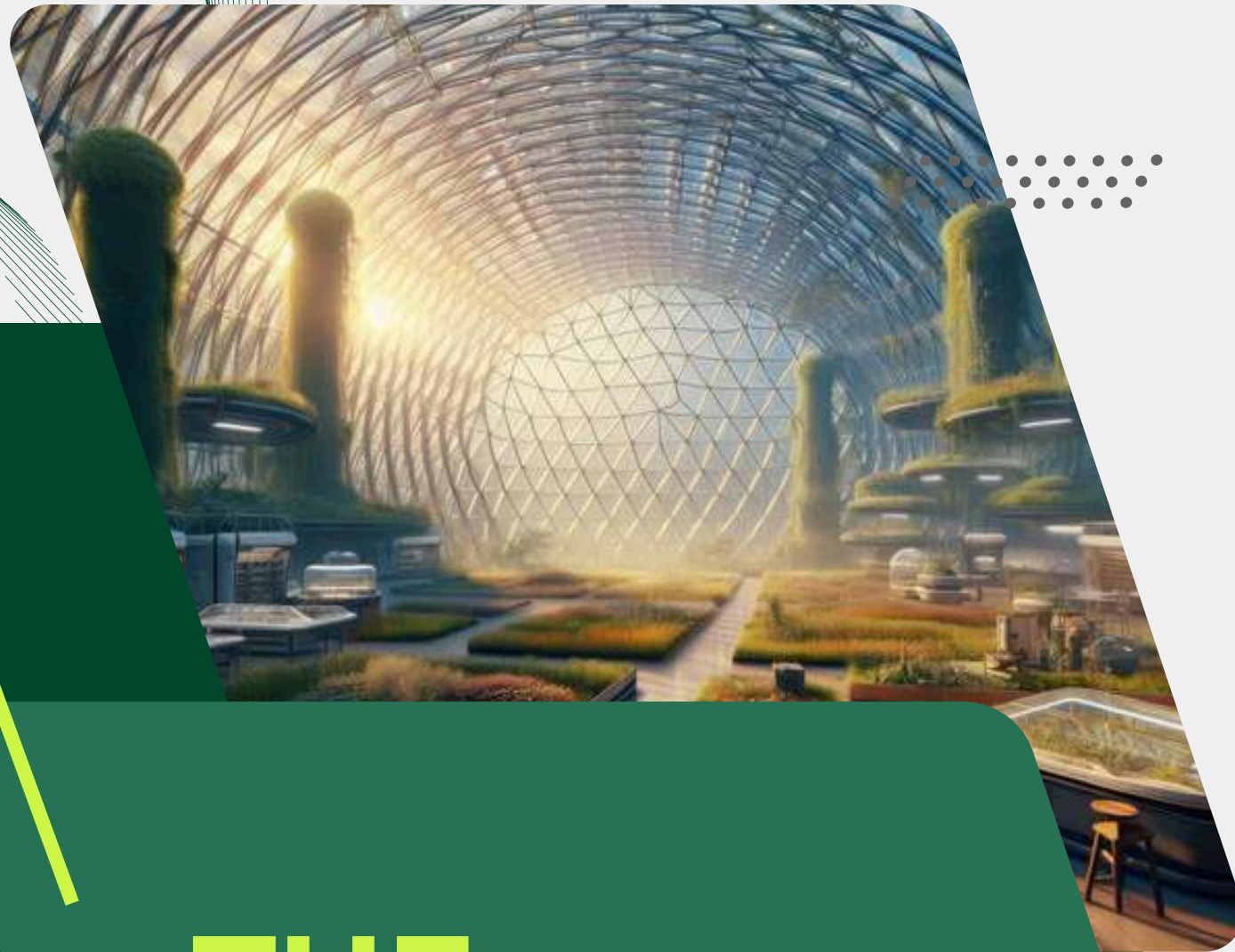
Fully customizable based on your culture and workforce needs.





WHAT MAKES PRIMEFIT DIFFERENT?

Traditional wellness programs often fail because they lack engagement and personalization. Primefit CWP moves beyond the standard approach to deliver a system that truly integrates into your company culture.



THE PRIMEFIT ECOSYSTEM



400+ ACTIVE PT
CLIENTS IN UAE



20,000+ GLOBAL
APP DOWNLOADS



30+ WELLNESS
PROFESSIONALS ACROSS
UAE AND PAKISTAN



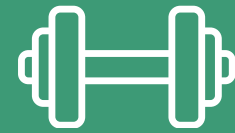
**ACTIVE CORPORATE
AND INDIVIDUAL
PROGRAMS**

Our Corporate offering is built on systems already working at scale.

POWERED BY THE PRIMEFIT APP

All Corporate Wellness Program participants receive access to the Primefit mobile app for:

Workout Guidance



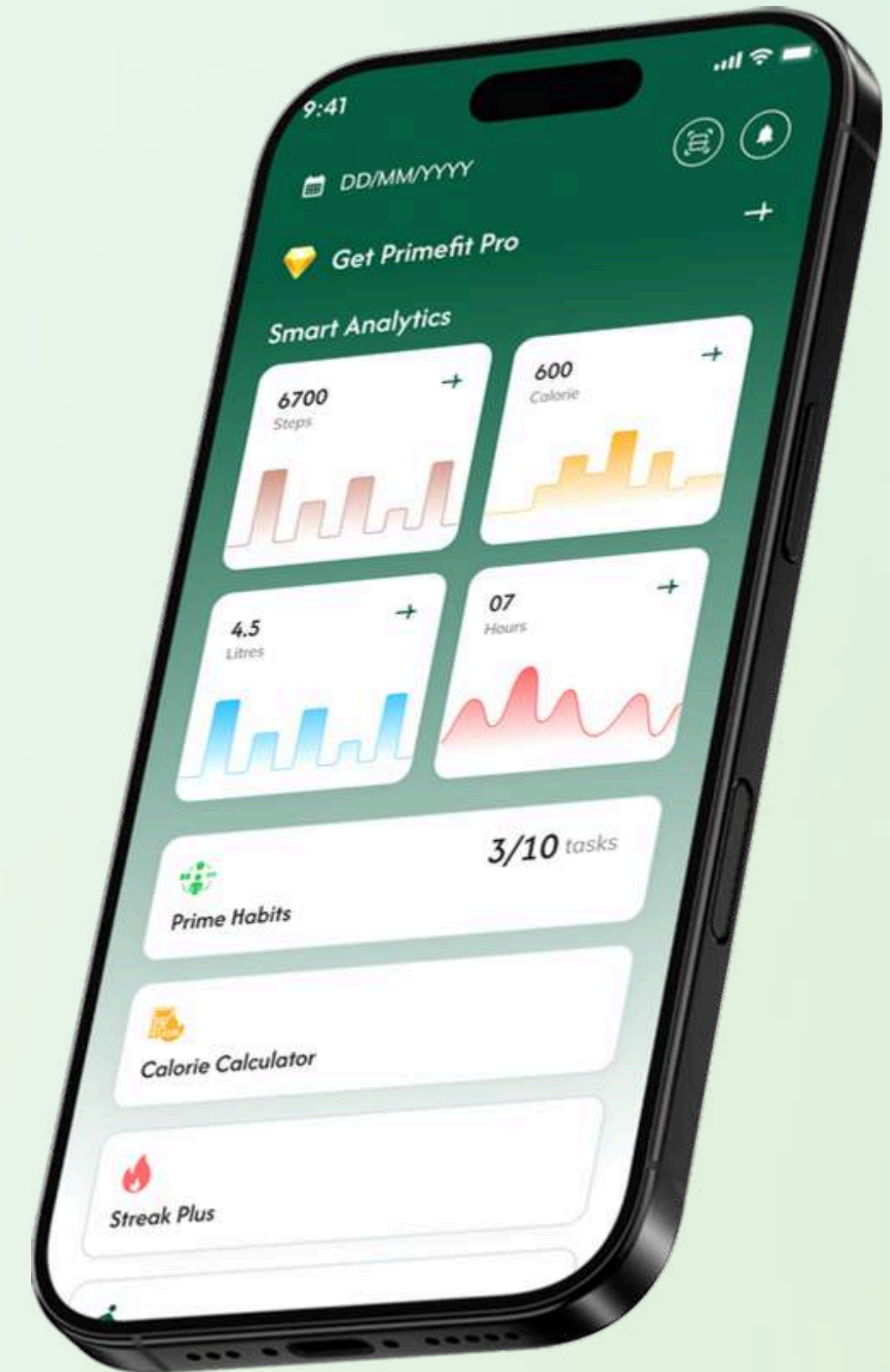
Wellness Education



Habit Tracking



Long-Term Consistency



Technology + Human Coaching = Sustainable Impact

Our Wellness Approach

Physical Wellness

- Personalized fitness plans tailored to individual needs
- Desk-friendly mobility & posture routines for office work

Nutrition Support

- Practical meal & snacking guidance for busy schedules
- Direct access to certified nutritionists for advice

Mental Wellness

- Confidential psychologist support for mental health
- Stress management & mindset sessions for resilience



HOW OUR SYSTEM WORKS

Simple. Structured. Scalable.



Step 1: Onboarding

- Baseline wellness assessment
- Digital profile creation

Step 2: Program Delivery

- Weekly sessions
- Habit-based challenges
- Continuous engagement

Step 3: Reporting

- Participation tracking
- Engagement insights
- Outcome summaries

CLEAR STRUCTURE. CLEAR ACCOUNTABILITY.

What Employees Will Receive



Monthly Wellness & Engagement Reports



Participation & Progress Metrics



Insights on Stress, Lifestyle, and Energy Levels



ROI-Focused Data for Leadership

Sample Metrics Dashboard

Participation Rate **84%**



Health Score Growth **+22%**



Energy Levels **High**



Program Duration



30 DAYS

Focus on awareness, habit kickstart, and achieving quick wins to build momentum.



60 DAYS

Transition to deeper behavior change and consistency for establishing long-term routines.



90 DAYS

Achieve sustainable lifestyle improvements and measurable performance impact across the organization.

Pricing Plans

We offer flexible and affordable pricing plans to meet the needs of businesses of all sizes.

STARTER

Workforce Size

Investment scales per participating employee, ensuring fairness and accessibility across team sizes.

GROWTH

Program Duration

Structured around 30, 60, or 90-day engagement cycles, depending on depth and reinforcement required.

ENTERPRISE

Scope of Support

Adjusted based on level of integration, reporting depth, and delivery format (remote, hybrid, or on-site).

Why Start Now?

Invest in Your People Before Burnout Costs You More

Organizations that prioritize employee wellness build stronger cultures, stronger performance, and stronger retention.

The best time to start is now.

Ready to Build a Healthier Workplace?



Let's design a Corporate Wellness Program aligned with your goals.

[Book a Discovery Call](#)

[Request Program Overview](#)