



FACTS



- **88%** suffer from stress and anxiety
- At least **61%** suffer from weight issues, leading to high blood pressure, diabetes, orthopedics issues.
- **64%** of Indians do not exercise regularly.
- **0.2%** hit gyms or fitness centers regularly

THE NEED



Nearly **90% of corporates** see health & wellbeing as essential.

- **Increased motivation and team cohesion**
- Strengthening relationships within the team helps build resilience, while positive interactions with colleagues and a supportive environment improves employee performance and emotional well-being
- **Positive corporate culture and working atmosphere**

CORPORATE FITNESS CHALLENGE



- What? A Fitness Challenge, only for corporates
- Why? CFC helps corporates to engage employees, build communities, enhance competitive spirit & employer branding. CFC is a challenge on fitness disciplines to accomplish giving the employees of your corporate an identity, a sense of pride and recognition in the organization, also enabling them to strengthen relationship within the team to build resilience and emotional wellbeing.
- In? Squats + Skipping + Shot-put + Pushups + Plank+ Group Challenge



THE RESULT



SNEAK PEEK



DICIPLINES



SQUATS



SKIPPING



SHOTPUT



PLANK



PUSHUPS



GROUP
CHALLENGE

COMMUNICATION SUPPORT



Standee



Poster



FACILITATOR

SURENDRA DANGWAL

(Certified Fitness Trainer & Nutritionist)

- Fitness transformation specialist who has been playing instrumental part in health and wellness industry
- Certified fitness trainer, Nutritionist & National level athletic.
 - (K11 Academy of fitness science)
 - IFSA (Intellectual Fitness & Sports Academy)
- Has devoted his lifetime to Health & Wellness

Awards & Appreciation•

- Masters Mr. India - National Level
- Khasdaar Shree - National level
- Navi Mumbai Shree - State Level
- Kalyan Mahapur - State Level



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