

COMPANY PROFILE

| 2024



A Healthy You A Better Tomorrow

www.just-fitsz.com



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Company Overview



About Us

Just-Fitness is a one stop Health, Wellness and Fitness company, that aims to advance healthy living in order to sustain a better tomorrow. Just-Fitness is committed to help families & individuals attain one of the greatest gifts of all, that of good health.

Our Mission

Advancing healthy living in order to sustain a better tomorrow.

Our Vision

We are dedicated to helping our clients adopt healthy lifestyle habits thereby improving all aspects of their wellness and overall wellbeing.

Our Core Values

We take pride in our values: Customer Centricity, Team Work & Integrity.

Problem & Solution

Just-Fitness Through research found that there are NonCommunicable Diseases (NCDs) which are estimated to lead to more deaths than HIV, TB, malaria, and maternal complications combined by 2030 and that currently more than 90 percent of adults in Eswatini are at risk for an NCD.

To address this, Just-Fitness collaborated with the Ministry of Health and Clinton Health Access Initiative to launch a campaign called “In It To Lose It”

“In It To Lose It” is focused on helping people of Eswatini to “lose” excess weight, unhealthy eating habits and unhealthy lifestyles, while gaining awareness on healthy living, thereby contributing to the prevention and control of noncommunicable diseases.



Nutrition

The significance of nutritional status of individuals have economic effects on national development. Non-communicable diseases have shown to increase due to nutrition transition. Nutritional status of people has a significant effect on the national development. A lot of savings can be made to national development if the citizens are nutritionally sound.



“

**Eat
Whole,
Live Well!**



Training & Lifestyle



Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.



Maintaining a balanced lifestyle is more important for your personal health and wellbeing in a fast-paced, modern world. Balanced living means achieving optimal health in all aspects of your life: relationships, work, fitness, health, and emotional happiness.

Our Services



Empower your organization's growth without compromise through our esteemed Corporate Wellness Consultancy. Schedule a complimentary 30-minute trial demonstration to experience firsthand the unparalleled value we bring. Discover how our services can elevate your workplace well-being and contribute to your corporate success.

Employee Wellness Consultancy

Employee mental health concerns are at an all-time high — according to a recent reports, 9 out of 10 employees are concerned about burnout. For most HR professionals, this doesn't come as a surprise. Since the onset of COVID-19, HR has seen how poor employee mental health impacts the workplace. With higher rates of turnover, absenteeism, and presenteeism, the price of employee mental health issues is too high to ignore.

90 Day Weight Loss Program

Our 90 day weight loss program, consists of meal plans, stress management programs and personalized workouts, to make you adapt a healthy lifestyle, that will help you lose weight in a healthy way, leaving you healthy and happy throughout.

Our Services



Our Corporate Wellness Consultancy provides employees with the skill sets required to perform their job roles successfully.

○ All in one wellness program

Transform your workplace with our Employee Wellness Program (EWP)! Elevate your employee value proposition (EVP) to attract, retain, and motivate staff for operational success. Prioritize well-being, boost productivity, and optimize healthcare costs. We're here to inspire a healthy lifestyle that reflects in work, home, and community.

○ Team Building

With an impressively wide array of activities, our Team building offers diverse team engagement challenges that fit every team's needs. Play through carefully designed challenges that promote different and vital skills. Use strategy, problem solving skills and critical thinking to win at every turn.

Our Services



○ Nutrition Coaching

Here is the reality: employees, in general, tend to make unhealthy choices, simply because they don't have the time to do otherwise. Picking up a doughnut for breakfast is easier than making a salad. Several cups of coffee substitute for a bad night's sleep. Our job is to educate them and offer healthy alternatives through our 60-minute sessions.

○ Accelerated Sports Training Programme

We offer a training program geared towards promoting fitness and helping students reach their full potential not only representing the school but grooming them to represent the nation in international sporting arenas.

Our CSR



As Just-Fitness we are socially accountable to, our stakeholders, and the public through the following events:

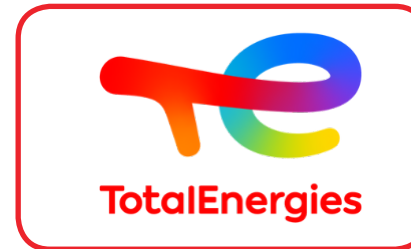
By 2030 NCDs, it is estimated that cardiovascular disease, will lead to more deathsthan HIV, TB, malaria, and maternal complications combined, while currently, more than 90 percent of adults in Eswatini are at risk for an NCD. According to the World Health Organization, noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.

Our Aim

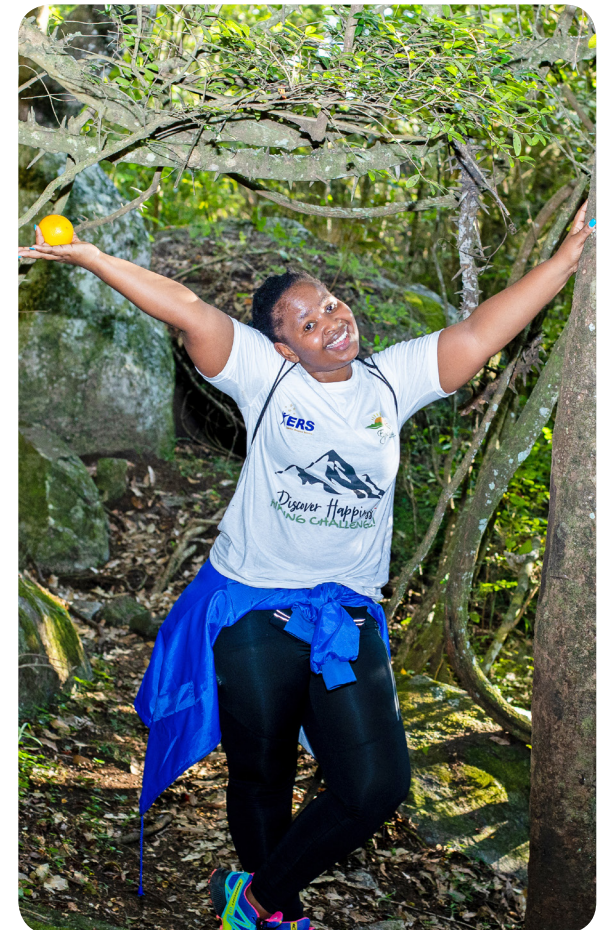
- ① Share health and wellness information at the workplace. Allow for more physical activity at work.
- ② To improve the NCD and nutrition knowledge of emaSwati. To encourage the public to exercise.
- ③ To raise awareness on healthy lifestyles. Encourage healthy behavior.

Our Clients

- ① Our clients range from the largest organisations in Eswatini to newly established, and medium sized business houses, in some cases extending to southern Africa interests.
- ② Clients can avail themselves of the full range of our capabilities including Team Building, Corporate Wellness Consultancy and Mental Wellness or engage us for specifically tailored requirements to address specific needs or projects.
- ③ Our client base is extensive and is representative of the following Industries: automotive, construction, finance, hospitality, human resources, manufacturing, merchandising, real estate, resource, retail, security, and sport.



Team Building & Projects



Team Building & Projects



Our Team



Justin Gara

Founder & CEO



Retha Harding

Registered Dietician



Justina Bain

Qualified Chef Cook-Book Author

Our Partners





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