



Just-fitness

A HEALTHY YOU, A BETTER TOMORROW



JUST FITNESS BROCHURE





BE YOUR BEST START
LIVING HEALTH!

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OUR CLIENTS



OUR PARTNERS



ABOUT US

Just-Fitness is a leading health and wellness organisation based in Southern Africa, committed to transforming lives through fitness, nutrition, and mental well-being. We strive to make wellness fair, balanced, and accessible by designing comprehensive programmes for individuals, schools, businesses, and communities. Our multidisciplinary team including registered dietitians, licensed mental health professionals, and certified fitness experts ensures a strong, sustainable, and results-driven approach to well-being.

ALL-IN-ONE PACKAGE FOR YOUR EMPLOYEES

Our compelling and engaging Employee Wellness programme (“EWP”) enhances your organization’s overall employee value proposition (EVP) to attract, retain and motivate employees to achieve its operational and strategic objectives. The well-being of staff is a key priority as it impacts all aspects of your business, productivity, and staff morale. Our job is to optimize healthcare costs and engagement by encouraging employees to lead a healthy lifestyle, that will at the end, reflect in their work, home and community.

MENTAL HEALTH PROGRAM

We are happy to help your staff and we would like to include the mental health workshops to your wellness plan. Having a “healthy mind” and “healthy body” shouldn’t be considered as two separate entities, you don’t have to choose one above the other. Our weekly workshops on how to reduce stress and deal with failure while improving productivity will benefit both, you and your employees.



CUSTOM EMPLOYEE WELLNESS PROGRAMS

Wellness Challenges

Our Wellness programs help employees and their close contacts establish healthy habits that reduce long-term health risks based on mental well-being. Also Promoting mental well-being to reduce the risk of anxiety, stress, loneliness, and depression.





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.

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.

Employee Surveys

To make a wellness program a successful one, first, we need to understand who is it for. Our one-on-one consultation and surveys allow us to see what kind of issues are trending in your company and what areas can be improved in order to keep the workers healthy, happy, and confident.

Office Kitchen Upgrade

We will give you specific recommendations and new product ideas to swap out and upgrade your existing kitchen condition. Our goal is to keep you on a budget, satisfy your employees, and make sure there are no unhealthy foods that generally lead to lethargy and lack of motivation.



Weekly Meal Plans

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.

Ergonomic Office

The last step in a healthier work environment is to make sure your employees don't spend the whole day behind the computer screen.

Many chronic diseases are preventable and creating healthy workout habits will get you and your employees one step closer to living a healthy life.



Smoke Cessation Campaign

We will include the cessation campaign. Our anti-smoking campaign raises public awareness of smoking hazards and enhances the employees' participation in tobacco control.

Our workshops are made to motivate non- smokers to support their smoking colleagues in quitting and straighten the smoke-free community concept.

- Employee Survey & Consultation
- Proper Nutrition Education
- Understanding Bio-individuality

- Mind, Body & Soul integration
- Mental Health Workshops
- Yoga, Meditation, Breathing

- Smoking and Obesity Campaigns
- Inspiring Others Through Healthy Living
- Employee Survey & Consultation





CONTACT US

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