



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.

A woman with dark hair tied back, wearing a red sports bra and black leggings, is shown in a dynamic pose, holding a dumbbell with both hands. She is looking towards the left. The background is a solid red color.

BUSINESS PROFILE 2025

Our Vision

To create a lasting impact on health and wellness across Southern Africa by empowering individuals and communities to embrace healthier, more active lifestyles through innovative and sustainable wellness solutions.

Our Mission

To deliver inclusive, effective, and personalized wellness programs that support physical, mental, and nutritional well-being. Through expert guidance, community engagement, and immersive wellness experiences, we strive to inspire lasting healthy habits that improve lives and strengthen communities.

Our Core Values

Just: Fairness, balance, and accessibility in all our wellness solutions.

Fitness: A commitment to fostering strong, resilient, and active lifestyles.

Integrity: Upholding honesty, transparency, and ethical practices in everything we do.

Innovation: Continually evolving our programs to meet the diverse wellness needs of our clients.

Community: Encouraging collective well-being through collaboration and shared experiences.

Sustainability: Promoting health solutions that have lasting impacts on individuals and society.





SCHOOL SPORTS & RECREATIONAL PROGRAMS

We promote physical activity among students to enhance both academic and personal growth:

- After-School Sports Programs
- School Fitness Challenges & Competitions
- Recreational Sports Coaching (Soccer, Basketball, Athletics)
- Physical Education Curriculum Development Support
- Mental Resilience Training for Young Athletes

NUTRITION COACHING

Our registered dietitians provide expert guidance on healthy eating and meal planning:

- Personalized Nutrition Plans
- Weight Management Programs
- Nutrition Workshops & Cooking Classes
- Chronic Disease Management Nutrition Support
- Healthy Eating Programs for Schools & Workplaces

TEAM BUILDING PROGRAMS

We strengthen teamwork and enhance productivity through engaging and energetic activities:

- Corporate Retreats & Adventure Activities
- High-Intensity Team Challenges
- Problem-Solving & Leadership Workshops
- Motivational Wellness Talks

OUR SERVICES

EMPLOYEE WELLNESS PROGRAMS

We support organizations in cultivating a healthier workforce through:

- Workplace Fitness Sessions (Boxing, Aerobics, Strength Training)
- Mental Health & Stress Management Workshops
- Corporate Nutrition Coaching
- Ergonomic Workplace Assessments
- Health Screenings & Preventative Care Initiatives
- Executive Wellness Retreats
- Work-Life Balance Programs





COMMUNITY HEALTH ENGAGEMENTS

We believe in giving back through impactful community wellness initiatives:

- Free Health & Fitness Bootcamps
- Public Health Awareness Campaigns
- Community Mental Health & Stress Relief Programs
- Rural & Underserved Area Nutrition and Fitness Outreach

WELLNESS TOURISM (HIKING & CAMPING)

We incorporate travel and adventure into wellness through guided experiences that reconnect individuals with nature:

- Group Hiking Expeditions
- Camping Retreats with Wellness Activities
- Cook-Off Challenges
- Outdoor Family Activities



2025

OUR CLIENTS



OUR PARTNERS



Corporate Social Responsibility (CSR)

At Just-Fitness , we are committed to giving back to society by promoting health and wellness in communities. **Our CSR** initiatives include:

- Providing free fitness and nutrition programs to communities.
- Partnering with different stakeholders and government bodies to support public health initiatives.
- Running community health screenings and wellness clinics.



Join us on our mission to create a healthier, happier African community. Whether you are an individual, a school, or a corporation, Just-Fitness is your partner in strong, balanced, and holistic wellness



Contact Us



Phone:
+26879049877



Email:
connect@just-fitsz.com



Website:
www.just-fitsz.com

