

Corporate Fitness



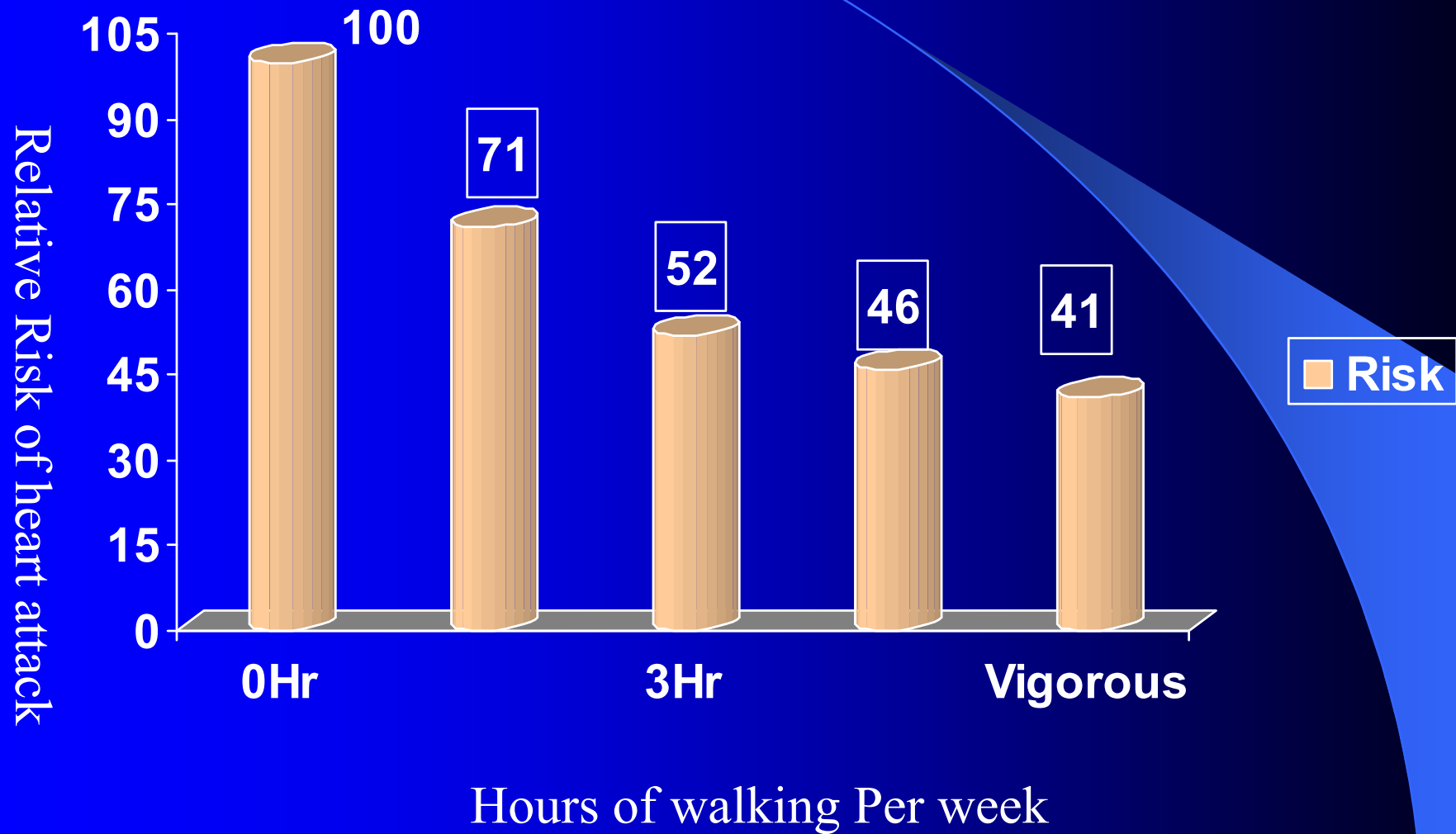
Fitness & Rehab Forum Team

www.frf.co.in

Reasons to stay Fit

- ❑ Recruitment criteria
- ❑ Improvement in corporate Image
- Gains in the quality & quantity of production
- Decreased Absenteeism & Better Turn over
- Lower medical costs
- Reduced incidence of Industrial Injuries
- ❑ Exercise is both Cost effective & Cost beneficial
- The return may be two to five times the investment

Walking & Heart Health



Audience - Fitness Awareness Program



Nina Addressing the Audience



Group Aerobic Session



Yoga & Meditation



Q & A with Dr. Vijay (PT)



Prescription for a Happy Life !

- 30 – 40 minutes of Brisk walk
- 2-3 times / week strength training
- Sensible Eating

