



# Stronger TOGETHER, Fitter FOREVER



## CORPORATE WELLNESS CHRONICLES

Your monthly insights into creating healthier, more productive workplace

### EVENTS OF THE MONTH

Employee Participants

**5000+**

Sites Covered

**10+**

Locations

**BANGALORE. PUNE. NOIDA, HYDERABAD**

List of Activities

**YOGA, STANDING YOGA, TREADMILL RUN ZUMBA, ERGONOMICS, KETTLEBELL STRENGTH CIRCUIT**



**SAMSUNG**



**Biocon**

### NEW LOGOS & CENTRE ADDED



### UPCOMING EVENTS

*International*  
**WOMEN'S EVENT DAY**

**TYPES OF EVENT**

1. SELF DEFENCE
2. NAIL ART
3. STAGE ZUMBA
4. DIETITIAN

**TYPES OF EVENT**

1. DHOL BHANGRA
2. MUG PAINTING
3. T-SHIRT PAINTING
4. ART CARNIVAL

Choose from above Any 2 & get **COMPLIMENTARY EVENT** of **1.MEDITATION OR 2.CHAIR YOGA**

Budget, Duration & Event flow will be shared separately

**NOTE : WE OFFER FLEXIBILITY PROGRAMS INCLUDING CUSTOMIZATION TYPE OF EVENTS, DURATION, DATES AND TIMING AS PER YOUR REQUIREMENT**

Mail Us For More Enquiries:  
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🌟 **Let's work together to build a holistic wellness environment for you and your team.**

### Message from Founders

**Dr. Shardul Sinha**  
Founder & Chairman

**Satya Sinha**  
Co- Founder & Board of Director

"At Medifit, we partner with organisations to embed wellness into everyday work life. Our customised fitness and wellness solutions align seamlessly with workplace culture, helping employees stay healthier, more engaged, and productive—at work and beyond."



### ABOUT MEDIFIT

With **20+ years of expertise**, Medifit Consultants Pvt. Ltd. is a pioneer in corporate wellness, delivering impactful healthcare and fitness solutions across **17+ cities, 280+ locations**, with a network of **650+ expert wellness trainers**.

Empowering 2M+ employees daily, we lead the way in transforming workplace wellbeing with innovation, energy and excellence. Trusted by top corporates. Driven by outcomes. Focused on you.



Website: <https://www.medifitwellness.in>

SCAN TO EXPLORE



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