



“Greetings From Technogym –Jabin Consultancy”.

Corporate Wellness Proposal

The facility on 2nd Floor @ Olympic House



Member Recommendations

1. *“I Mustaq joined this gym in December 2008 being a member of many other gyms in Colombo for the last so many years I find this gym to be very good and the trainers are very well trained and very corporative”*
2. *“ Harvard business review published one of the breakthrough idea for 2008, ”Workout Improves Thinking,: I find this gym to be able to serve the purpose of providing wellness facility to management executives and other professionals” (Mr Javed Ahsan)*
3. *“Awesome Gym We’ve Lost a total of 15 kg so far thanks to the Equipment and the human touch no doubt the best Gym in Sri Lanka” (Mr & Mrs De Silva)*
4. *“Hi im 21 years old and I’ve been to almost every gym in Colombo, I live about 15 Kms away from the Technogym herein Colombo and I travel all the way here passing around 7 Gyms just because of the excellent service Given by the team, I have recommended the gym to many and keep doing so mainly because of the excellent staff who are very friendly and always helpful and the quality of the equipment range and the very homely atmosphere Technogym has provided” therefore I hope Technogym would last for a very long time and strive in the future .(Mr Hashan Sirisena)*

The Wellness Centre



Introduction: Olympia Wellness Studio, the most modern Fitness Studio in Sri Lanka is especially designed to cater to your every need no matter who you are. It is 'modern' by means and in that it has moved with the time and provide a wide range of programs including weight loss, body sculpting, body caring, sports strengthening etc, All these programs are provided using state of the art equipment endorsed by the best in the field of sport. Having understood a fundamental reality of today's world, is the need for maximizing time experienced by every single person. It is certainly the most cost effective and efficient solution to making your dream a reality.

Olympia Wellness Studio is fully equipped with facilities from Technogym – absolutely nothing less than the best the world has to offer. The equipment designed and manufactured in Italy is used by over 20 million people the world over.

Background: Evidence of its unparalleled quality and durability. If weight loss is your ideal goal, you may be interested to know what Technogym has to offer. Technogym is the supplier of fitness and wellness equipment for the reality television show, ‘The Biggest Loser Jeetega’. Bollywood or Hollywood they both alike Technogym, Technogym was appointed as the exclusive supplier for the Sydney 2000, Athens 2004, Turin 2006 and Beijing 2008 Olympic Games, Asian Games Doha and youth games Singapore 2010 and is currently working alongside the best teams in America’s prestigious club “yachting challenge” and will be sponsoring equipment for a 1000 sqm gym during the Singapore 2010 Youth Olympic Games, further validating the fact that it is the number one choice of the most popular sports personalities in the world.

You can put a complete stop to your routine monotonous workout, because Olympia Wellness Studio will take care of your total wellness needs. As Olympia Wellness Studio is equipped with world class gym equipments like Technogym, we are one step ahead than the others, prioritizing your needs with utmost professionalism. We provide a personally guided attention during every single workout. Furthermore you will be guided through a consultation session by a doctor on clinical nutrition, which is complementary, as an appreciation on your first day. . There are a wide range of packages available including full time membership, senior citizen wellness plans, family wellness packages, student wellness plans and corporate wellness plans and therefore caters to you no matter who you are. Olympia Wellness Studio is open even on weekends and Holidays to ensure that you can maximize your fitness goals increasing convenience to you.

What more can you possibly ask for? Do you want your aspiration for being healthy to become a reality? Olympia Wellness Studio is your solution provider.

Our Mission

The Mission of Jabin Consultancy (Pvt) Ltd, in Sri Lanka is to distribute the finest fitness equipment to the Sri Lankan market. Jabin Consultancy (Pvt) Ltd will ensure all our customer expectations are exceeded by only offering the highest quality products with premium support and to become the premier fitness equipment supplier in Sri Lanka.

Vision

Jabin Consultancy (Pvt) Ltd. employ the concept of “Wellness for All”, where our services are not only restricted to our premium customers, but are also offered to low/ middle income customers by best methods and practices.

Objective

- To become the leader for the provision of fitness clubs / services in Sri Lanka.
- Achieve profitability during the first two years of operations.
- Provide value to customers with the best product & services
- Develop strong relationships with distributors, while anticipating their needs.
- Employ strict financial controls to ensure profitability, while providing value added services.

Our Clients who has endorsed our principles worldwide

Motorola is just one of thousands of companies which recognize that an investment in the wellness of its employees translates directly into an improved bottom line.

For every \$2 spent on its Wellness Initiatives Program, Motorola sees a return of \$7.86.

General Motors has found that its annual health expenditure for employees who do not participate in regular physical exercise is \$3,000. For those employees who exercise regularly, the cost is just \$300.

Kimberly-Clark, Johnson & Johnson and Proctor & Gamble are achieving similar returns on the investments they make in their employees' health and wellness.

The Wellness Studio which comprises of state-of-the-art Technogym® equipments to suit your all Wellness requirements. We will be taking into consideration all your wellness needs in terms of enhancing your employees to be fit and healthy with an unmatched service and to deliver the same standards of the corporate profile we maintained Internationally. For Instance, few corporates whom we are partnered with, **Coca Cola, IBM, Microsoft, BMW, Rolls Royce, Ford, Hyundai, Air France, ICICI, Mc Donald's, Kellogg's, HP, British Telecom, Adidas, Motorola, American Express** etc.

We are The Wellness Company.

The Facility, Jabin Consultancy (Pvt) Ltd. is the Professional Managing Partner for the brand new Wellness facility at the newly opened National Olympic House in Colombo 07, Named "**Olympia Wellness Studio**". We are dynamic and inspiring Wellness Team that requires enhancing your ability in keeping with the new Corporate image, The facility is located at 2nd Floor, Olympic House, Independence Avenue, Colombo 07, and open from 5.30am to 9.00pm, Monday to Saturday. Sundays 8.00 Am To 4.00 Pm (Open All 365 Days) We have hands on experience within the industry since 2005. Our expertise and leadership skills have led to the success of Olympia Wellness under the guidance of Technogym, making OWS one of the most sought after Gyms in Colombo. And is well known in the fitness equipment industry, clients include Olympic Committee Sri Lanka, Sri Lanka Armed forces, Empire Residencies, City Construction, SLT, SLT Rainbow pages, Mobitel, Mihini Lanka, DV Technologies, CIM, Venture Security, Etc

Currently we have 235 Active members at the gym facility, well known to many, which members are ranging from top Government officials and film stars, sporting figures, and many corporate heads. Etc.

Unfit Employees > Working hours Lost > Cost of Replacements

Let us be clear, If a group of people is not motivated, the results can specifically include the following:

■ **Reduced**

- Care, and thus lower quality of work
- Pace of work/Efficiency
- Productivity
- Willingness to take responsibility,
- Level of creative contributions,
- Punctuality,
- Attention ,
- Maintenance of the organization culture
- Tolerance to Stress
- Industrial Relationships
- Feelings of Wellbeing
- Loyalty

■ **Increased:**

- Absenteeism,
- Waste of time,
- Gossip and, at worst, active rumor-mongering or disruption of others,
- Bucking of the system
- Challenging of policy,
- Bureaucracy
- Staff Turnovers
- Error Rates
- Orthopedic problems (LBP)

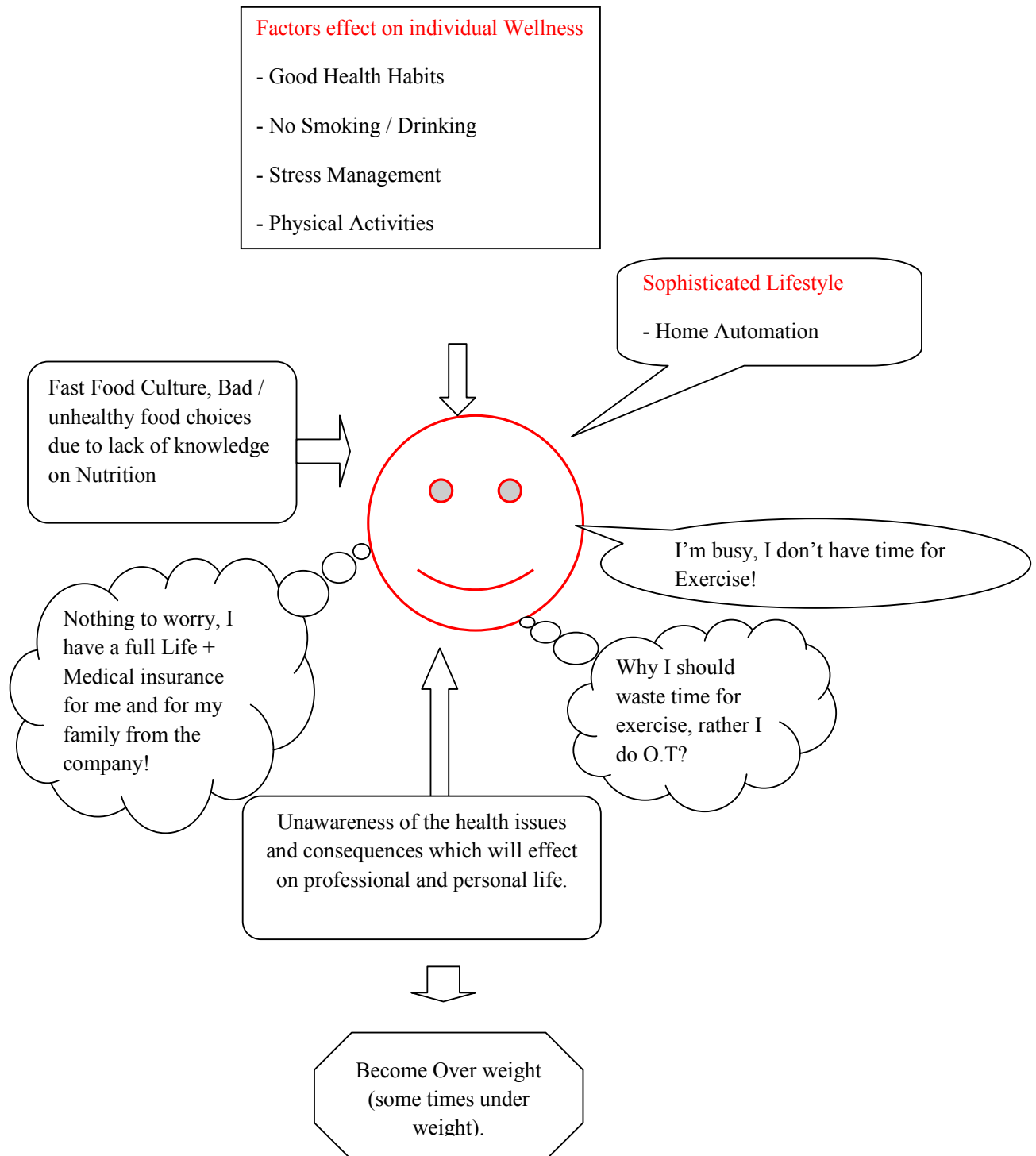
Corporate Wellness Packages are designed to deliver Physiological & Psychological Fitness. The increased level of Productivity, Morale and efficiency apply to both the Blue collared & White collared staff.

Additional, the need for ‘Wellbeing’ becomes even more critical for the key members of an Organization who tend to become more indispensable with time. It is important to measure and evaluate all fitness levels on a weekly basis AND to improve upon these levels CONTINUOUSLY.

MOTIVATION MATERS!

*It Improves Efficiency, Effectiveness therefore; **PRODUCTIVITY***

Let's be clear on the matter of “Corporate Wellness” by going through following flow chart.



A multitude of studies confirm that, Individuals who are unfit and unhealthy are more likely to be less recovered after illnesses than the fit and healthy individuals.

Health Risks of Obesity

- Adult on set diabetes
- Allergies
- Arteriosclerosis
- Asthma
- Digestive disorders
- Elevated Triglycerides/fats
- Fatigue, Muscle tightness
- Headaches
- Heart disease
- High cholesterol
- Hypertension
- Impotence
- Memory impairment
- Obesity/Overweight
- Osteoporosis
- Palpitation
- Rheumatism/ Arthritis
- Some cancers
- Ulcer
- Viral infections
- Diaphoresis (Excessive Sweating) and Orthopnea (Discomfort in breathing)

Corporate Wellness Means, feeling good about yourself so that you can feel good with others. Just as important is the right, healthy diet, a positive mental approach, a rich social life and a stimulating but unstressful job. Knowing how to breathe properly, sleep well, think productively and have self-esteem are all important. Wellness is all of this and more – Wellness is centred on you yourself; Moreover, Here are just some of the benefits you can expect after implementing our Wellness Program:

Corporate Wellness Benefits for the Employer

- ✓ Increase Efficiency
- ✓ Increase Effectiveness
- ✓ increase productivity
- ✓ Reduce staff turnover
- ✓ Increased satisfaction and enthusiasm
- ✓ Better quality of life
- ✓ Better recruitment
- ✓ Enhanced corporate image
- ✓ [Practice good health habits](#)
- ✓ Increased employee productivity
- ✓ Reduced health expenditure
- ✓ Reduced absenteeism
- ✓ Improved company environment
- ✓ Improved employee retention
- ✓ living longer,
- ✓ showing how good you feel,
- ✓ More energy,
- ✓ Greater efficiency at Work.

“There is no doubt that in the future, successful companies will be using a Wellness plan alongside their Business plan.” – Dr. Dorian Dugmore (adidas UK Wellness Program Director)

Wellness @ Olympia

We Provide Wellness Consultation and tailor-made Wellness Programs to individual needs

1. Multi-sensorial cardiovascular and strength training machines
2. State of the art flexibility training machines (first time in Sri Lanka)
3. Wellness tools for body toning, shape up and abdominal exercises
4. Finest Location for you leisure activities
5. Ample Parking space
6. World best Technogym® Wellness Training Equipments
7. Hygienic Changing rooms with Lockers and shower facilities
8. Body composition assessments and various fitness tests
9. Sports Personnel
10. Prenatal & post Natal ladies
11. Clinical Nutrition Program for wellness
12. Sugar and Cholesterol / Blood Pressure level and Obesity control.
13. Secondary Prevention Programs / Rehab
14. Cardiovascular Conditioning
15. Weight Loss Programs
16. Body Sculpting
17. Body Caring
18. Sports Strengthening,
19. Flexibility
20. Follow-up and feedback on your regular wellness programs
21. One-to-one personal training (Conditions Apply)

Wellness Benefits On Offer @ Olympia

1. 12 week Corporate Challenger Program-held for 12 weeks and it will include the following training methods

First four weeks – One Sessions Each Aerobics /Flexibility / Strength Training
Second Four Weeks - Aerobics /Flexibility / Strength Training 01 Sessions extra
Third Four Weeks - Aerobics /Flexibility / Strength Training 01 Sessions Extra

The above will include

1. Personal Trainers
2. Aerobics
3. Special Abs Classes
4. Fitness assessment tests
5. Tailor made Program schedules
6. Clinical Nutrition Plan from Doctor
7. Free Towel for each Gym Workout
9. Mineral Water
10. Fully Air-conditioned facility

2. Special rehabilitation wellness programs for – Senior Citizens

- Nutrition Program for wellness
- Sugar and cholesterol / Blood pressure level and obesity control.

- Secondary Prevention Programs
- Cardiovascular Conditioning
- Rehab
- Flexibility

Consultants On Request @ Olympia

- 1. Major Gen (Dr) C.Thurairaja** - On Sports specific Training/Rehab /Injury prevention and Recovery / Clinical nutrition Programs.
- 2. Doctor Lal Ekanayake** Consultant - On Sports specific Training/Rehab /Injury prevention and recovery/Clinical nutrition Programs. From Sports medical Institute – Ministry Of Sports.
- 3. Consultant Dr On Clinical Nutrition.**

Team Olympia Wellness Studio

- | | |
|----------------------------------|-----------------------|
| 1. Managing Director | - Roshan De Silva |
| 2. Manager Admin & HR | - Manel Jayalath |
| 3. Wellness Consultant | - G.Nishanthan |
| 4. Senior Trainer | - Nuwan Sugathadasa |
| 5. Senior Trainer | - Siros Muhamed |
| 6. Wellness Trainers | - Rumesch Perera |
| 7. Wellness Trainers | - Kasun Madhawa |
| 8. Wellness Trainers | - Tharanga Madawalage |

CSR. During these times the Team Olympia has been instrumental for creating and developing individuals for achieving Gold and silver medals in south Asian Games in Teakwondo and 1500 Meters Running, presently we are training the weight lifting federation team on there specific requirements.

We have created an awareness through campaigns using road shows /print and electronic Media to support Technogym Services.

1. Partnering with Health Officials on the world diabetic Day Run.
2. Creating an alliance with Parkway health Hospitals Singapore to position its services in Sri Lanka.
3. Wellness campaigns in schools, Clubs, Road shows and Electronic and Print Media,

Wellness Hours

- | | |
|---------------------------------------|---------------------|
| 3. Mon to Sat | - 5.30 Am - 9.00 Pm |
| 4. Sundays | - 6.00 Am - 2.00 Pm |
| 5. Public /Mercantile holidays | - 6.00 Am – 2.00 Pm |
| 6. Poya Days | - 6.00 Am - 2.00 Pm |

Investment

Take your first step to the path of wellness and come join us. You will find details of our yearly Investment detailed within.

1. Individual Plan - Full Time Membership (5.30 Am – 9.00 Pm)

1 year	- Rs 40,000
6 months	- Rs 30,000
3 months	- Rs 20,000
1 month	- Rs 8,500
Day (1- 1/2 hrs)	- Rs 600

Off peak hours membership (10.00 Am - 4.00pm)

1 year	- Rs 30,000
6 months	- Rs 20,000
3 months	- Rs 16,000
1 month	- Rs. 6,000
Day (1- 1/2 hrs)	- Rs. 500

2. Couples Plan - Full Time Membership (5.30 Am – 9.00 Pm)

1 year	- Rs 65,000
6 months	- Rs 50,000
Day (1- 1/2 hrs)	- Rs 1000

Off peak hours membership (10.00 Am - 3.00 Pm)

1 year	- Rs 60,000
6 months	- Rs 40,000
Day (1- 1/2 hrs)	- Rs 1,000

1 Well Women Plan - Full Time Membership (5.30 Am – 9.00 Pm)

1 year	- Rs 30,000
6 months	- Rs 18,000
Day (1- 1/2 hrs)	- Rs 500

2 Winning Edge plan - Off peak hours membership (10.00 Am - 3.00 Pm)

1 year	- Rs 30,000
6 months	- Rs 20,000
3 months	- Rs 15,000
Day (1- 1/2 hrs)	- Rs 600

3 Senior Citizen Plan (Persons over 50 years of age) - Full Time Membership (5.30am – 9.00pm)

1 year	- Rs 30,000
6 months	- Rs 18,000
Day (1- 1/2 hrs)	- Rs 500

4 Annual Corporate Plans - Full Time Membership (5.30 Am – 9.00 Pm)

1-10 members – 35,000 per person

1-25 members – 30,000 per person

1-50 members – 25,000 per person

All we require is a group of employees for the Corporate Wellness package from your organization. Wellness plans are categorized please find suitable category stated Above..

We kindly request you to consider our application and give us an opportunity at your convenience for us to introduce our self and to discuss more details of this proposal in order to join hand with you. Very sincerely we hope to build up good corporate relationship with you in future.

Wellness Regards,



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Roshan C.L De Silva
Managing Director.
Jabin Consultancy (Pvt) Ltd
2nd Floor, Olympic House,
100/9 F, Independence Avenue,
Colombo 07.
Sri Lanka.
Mobile: +94 773 207888
Tele: +94 115 743143
Fax: +94 112 684063
E-Mail: Technogymvision2012@gmail.com

