



Health Lounges

The Ultimate Fitness Makeover





**Transform your
workforce, one
breath at a
time.**

Our Vision - Empowering Corporate Employees for a Healthier and Happier Lifestyle.

"The Health Lounges-The Ultimate Fitness Makeover is India's premier Holistic Health start-up (Government of India Recognized), dedicated to revolutionizing corporate wellness and fostering a healthier, more productive workforce. Founded by Mr. Mohit Mittal, our mission is to empower corporate employees with powerful breathing and yogic techniques, optimal diet plans, and easy movements, creating a stress-free, obesity-free society within the corporate world.

By partnering with leading corporations, we have successfully impacted over 15,000 individuals from diverse backgrounds across six countries through our transformative programs. We recognize the unique challenges faced by corporate professionals and offer tailored solutions that integrate seamlessly into their fast-paced work lives.

Key Focus Areas for Corporate Wellness:

- 1. Stress Management:** Workplace stress is a major issue for employees and organizations. Our scientifically designed breathing and yogic techniques offer effective stress relief, enhancing mental clarity, emotional balance, and overall well-being. By integrating these practices into the corporate culture, we strive to create a productive and harmonious work environment.
- 2. Preventing Obesity & Managing Weight:** Our tailored diet plans and simple exercises combat workplace obesity.

We help employees maintain a healthy weight, preventing health issues. With specialized recommendations and fitness routines, we support corporate weight goals.

3. Maximizing Focus & Productivity: Our programs integrate mindfulness, concentration exercises, and yogic practices to optimize cognitive function, sharpen focus, and boost productivity. By fostering an engaged and alert workforce, we drive corporate success through enhanced performance and efficiency.

4. Work-Life Balance: Achieve harmony between work and personal life to prevent burnout and promote well-being. Our programs teach effective time management, relaxation techniques, and mindfulness practices. Cultivate a balance culture for increased job satisfaction and employee retention.

At The Health Lounges- The Ultimate Fitness Makeover, we are committed to partnering with forward-thinking corporate organizations to create a healthier, happier, and more successful workforce. Through our proven techniques, customized programs, and expert guidance, we empower employees to optimize their health and well-being, resulting in increased productivity, reduced healthcare costs, and a thriving corporate environment."



Mr. Mohit Mittal
Founder

Productivity Efficiency Awareness Kit



P.E.A.K™, a corporate initiative by Health Lounges®, introduces The Health Lounges Foundation's successful ideas to the business sector. It aims to transform individuals into extraordinary leaders through self-management, influencing long-term personal and professional growth. Under P.E.A.K, two programs are offered: the "Art of Letting Go" and the "Art of Eating Right."

The "**Art of Letting Go**" equips individuals with skills to manage stress, negative emotions, and unproductive habits. Through personalized coaching, interactive workshops, and valuable resources, participants learn techniques to enhance resilience, focus, and overall effectiveness in the workplace.

The "**Art of Eating Right**" promotes healthy eating habits and well-being. Educational workshops, nutritional guidance, and practical tips empower participants to make balanced food choices, practice mindful eating, and improve energy levels and productivity.

Both programs are designed to enrich leadership abilities, foster well-being, and create a culture of achievement within the workforce. By combining personalized coaching, interactive workshops, and abundant resources, Health Lounges' P.E.A.K program delivers impactful results, empowering individuals to thrive personally and professionally.

The Art of Letting Go



Key Elements of Art of Letting Go Program:

1. **Energizing Breathwork:** Invigorate your mind and body with specialized breathing techniques that boost energy levels and enhance focus.
2. **Warm up & Joint Movement:** Engage in gentle warm-up exercises and joint movements to promote flexibility, improve circulation, and prevent workplace-related muscle tension.
3. **Deep Stretches:** Release physical and mental tension through deep stretching exercises that promote relaxation, relieve stress, and enhance overall well-being.
4. **Guided Meditation:** Experience guided meditation sessions that promote mindfulness, reduce stress, and enhance clarity and creativity in the workplace.

Benefits of Art of Letting Go Program:

1. **Increased Energy and Vitality:** Recharge your energy levels and experience a boost in productivity through energizing breathwork techniques.
2. **Enhanced Flexibility and Physical Well-being:** Improve flexibility, reduce muscle tension, and promote physical well-being with warm-up exercises and deep stretches.

3. **Stress Relief and Relaxation:** Find inner calm and relieve stress through guided meditation sessions that promote relaxation and mental clarity.
4. **Improved Focus and Mental Resilience:** Enhance focus, concentration, and mental resilience through the combination of breathwork, movement, and meditation.
5. **Enhanced Employee Engagement:** Provide employees with a holistic wellness experience that fosters engagement, satisfaction, and a positive work culture.

Features

- **On-site or Virtual Sessions:** Choose between on-site or virtual sessions to suit your organization's needs and preferences.
- **Customized Program Duration:** Tailor the program duration to fit within your desired timeframe, whether it's a one-time event, a series of workshops, or ongoing sessions.
- **Expert Facilitators:** Our experienced facilitators are skilled in guiding participants through the program, ensuring a safe and impactful experience.
- **No Equipment Required:** The program can be conducted without equipment, making it accessible and easy to implement in any corporate setting.

	Per Session	Per Month Package	Per Year Package
Duration	30 min	30 min	30 min
Sessions	1 Session	4 Sessions (1 session per week)	50 Sessions (1 session per week)
Investment	Rs 5,000/- inclusive of Tax	Rs 16,000/- inclusive of Tax	Rs 1,50,000/- inclusive of Tax
Maximum Participants at one time	100	100	100
Mode	Online on Zoom (Provided by us)	Online on Zoom (Provided by us)	Online on Zoom (Provided by us)

The Art of Eating Right



Key Elements of Art of Eating Right Program:

1. **10 Diet Principles:** Gain a deep understanding of 10 essential principles that form the foundation of a healthy and balanced diet, enabling you to make informed food choices.
2. **Wrong & Right Food Combination:** Learn about the impact of food combinations on digestion and overall health, empowering you to make optimal food pairing decisions.
3. **Calories Calculation:** Understand the concept of calories and learn how to calculate your daily caloric needs based on individual factors such as activity level and goals.
4. **Diet Planning:** Receive expert guidance on creating personalized diet plans that align with your specific dietary requirements, health goals, and corporate lifestyle.

Benefits of Art of Eating Right Program:

1. **Improved Nutritional Knowledge:** Enhance your understanding of nutrition, enabling you to make informed choices and create a healthier eating environment within the corporate setting..
2. **Optimal Food Combinations:** Discover the right food combinations that support efficient digestion, improve nutrient absorption, and promote overall well-being.

- 3. Weight Management and Healthy Lifestyle:** Acquire the knowledge and tools necessary for effective weight management and the cultivation of a sustainable, healthy lifestyle.
- 4. Enhanced Energy and Focus:** Fuel your body with the right nutrients, leading to increased energy levels and improved focus throughout the workday.

Features

- 1. Expert Nutrition Guidance:** Benefit from the expertise of certified nutritionists who will provide personalized recommendations and support throughout the program.
- 2. Interactive Workshops:** Engage in interactive workshops that blend theoretical knowledge with practical exercises, empowering you to apply the principles of healthy eating in your daily life.
- 3. Customized Approach:** Tailor the program to suit the unique needs and goals of your organization, whether it's a one-time seminar, a series of workshops, or ongoing support.
- 4. Interactive Tools and Resources:** Access to valuable resources such as meal planning templates, calorie calculators, and educational materials to support your journey toward optimal nutrition.

	Consultation	Planning	Education
Duration	30 min	30 min	60 min
Diet Planning	Generic Diet	Customized Diet 2 Diet Plans/month	Learn Principles & Techniques
No. of Sessions	—	2 calls/month	5 zoom calls
Diet Type	—	Homemade food	Learn about various diets
Investment	Rs 5,000/month inclusive of tax	Rs 50,000/month inclusive of Tax	Rs 50,000/- inclusive of Tax
Method	One-to-One	One-to-One	Group Upto 100 participants

Elevate Your Health With Us

Driving Growth through Dynamic Partnerships





Have Questions?

We're here to help!

Our dedicated Customer Support team is fully equipped to address all of your queries and concerns with the highest level of professionalism. We hold ourselves to the highest standards of service excellence, aiming to deliver an unparalleled experience for our valued customers. Whether you prefer to contact us by phone or email, our team stands ready to provide prompt and comprehensive assistance tailored to your specific needs. Your satisfaction is our utmost priority, and we look forward to the opportunity to serve you.

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“Take care of your body, it's the only place you have to live”