



WORK WELL AND PROSPER

WHY WE EXIST

We deliver health-related and musculoskeletal-centric programs which aim to ensure health and wellbeing for the individual and sustainability, productivity, and prosperity for both the individual and organization.

WHY DO YOU NEED AN ERGONOMIC AND WELLNESS PROGRAM?

- ✓ *Do you suffer from lower back, neck, or any musculoskeletal pain that increases during work?*
- ✓ *Do you encounter absenteeism from work-related discomfort, pain, or injuries?*
Do you need feasible and affordable guidance on rearranging your work environment and improving your work habits more ergonomically?
- ✓ *Do you have ergonomic office furniture and supplies but need guidance on using them more effectively?*
- ✓ *Do you want to increase staff satisfaction and loyalty towards the organization?*
- ✓ *Do you think that investing in staff wellbeing can improve their productivity, careers, and the likelihood of achieving the organization's objectives?*

If you answer yes to any of the above questions, we are one call away and keen to support you!

Be proactive! Global statistics show that:



1 in 5 regular computer users is diagnosed with a musculoskeletal problem affecting the upper limbs. (source: the Chartered Institute of Ergonomics & Human Factors – UK).



Poorly designed indoor work environments account for a 3% reduction in productivity on average. (source: the Chartered Institute of Ergonomics & Human Factors – UK).



Years lived with disability related to musculoskeletal disorders increased by 61% since 1990. (source: Global Burden of Disease Study).



Musculoskeletal disorders account for 33% of all worker injury and illness cases (source: Bureau of Labor Statistics (BLS)).



Work-related musculoskeletal disorders are considered the second biggest reason for sick leaves in the UK, and account for over 52% of total lost work days in the USA. (source: Cochrane).



The recent Global Burden of Diseases, Injuries, and Risk Factors study report that musculoskeletal disorders ranked first among the top causes of disability (source: Global Burden of Disease Study).

SCOPE OF SERVICES

Ergonomic Consultancy

We provide advisory ergonomic solutions for organizations and individuals that aim to enhance the musculoskeletal health, wellbeing in the workplace, and the office workplace environment to be free of discomfort, pain, or injury: hence the increase of productivity. Our ergonomic advisory solutions are aligned with ISO standards and GRI standards for corporate sustainability.



Scope components:

- Workstation Design (desks, chairs, space, layout)
- Workstation Organization (desk organization)
- Work Posture (sitting, standing, reaching)
- Work Organization (pace, break, variety)
- Tools, Equipment, and Furniture Design
- Work Environment (lighting, temperature, vision, noise, and ventilation)
- Manual Material Handling (lifting, lowering, pulling, pushing, carrying, and holding)

We fulfill our scope through the following activities:

Assessment

We conduct a self-reported assessment to be completed by your team and an on-site assessment by the WellFit team to detect the ergonomic hazards present in your workplace, and provide recommendations for improvement.

Intervention

We customize an intervention plan based on the results of the assessment designed to meet your organization's needs and your budget. Our intervention includes:

Group workshop: providing evidence-based awareness and training on how to apply the science of ergonomics in your work and daily practices. This workshop can be delivered on-site or online.

On-site intervention: providing guidance on how to apply the principles of ergonomics and the workshop deliverables in the workplace and acting as an on-field catalyst and a facilitator for change into a more ergonomically fit workplace environment.

Post-intervention evaluation

We revisit your workplace to evaluate, gather feedback from your team, and provide recommendations and further intervention to fine-tune areas that still need improvement as required.



WellFit Virtual Club

Our certified and qualified exercise coaches have designed the perfect 30-minute morning workouts to boost your mind and body. Our workouts are delivered live online and consist of:



Day Booster Workout

This workout is designed to get you in the right mood to conquer your workday. With the proper and careful selection of music and exercise sequence, our day booster workout will warm up your joints and muscles with light intensity exercises before gradually increasing the intensity to elevate your heart rate. It also wakes your whole body and mind up and energizes you for a highly productive and satisfying day without leaving you drained and energy-depleted.

Light Wellness Workout

This workout is tailored to get your joints moving freely and your muscles strong for your daily challenges. The light-wellness workout is a sweat-free workout that doesn't need any equipment, and it channels your energy towards a productive workday. This workout is especially efficient for people with little to no exercise history who spend most of their day inactive and want to engage in light-intensity activities.



Yoga sessions

This session is for those who want to exercise the body and the mind in a stress-free, relaxing environment. Practicing yoga is proven to improve flexibility, balance, and muscle endurance and strength needed for performing daily tasks, and it can also alleviate musculoskeletal pain and discomfort.

Spinal Screening

We provide a DHA certified chiropractic doctor who specializes in neuromusculoskeletal disorders and is qualified to diagnose and treat individuals who already suffer from neck, back, and work-related pain and stiffness. Our chiropractic doctor will provide a spinal screening and assessment along with a brief treatment session dedicated to alleviating

Other Customized Programs

We also provide team bonding activities (outdoor activities, social activities, and team building challenges), counseling, coaching, healthy meal planning and delivery, etc...

Please refer to the service packages and deliverables handout for more details about the deliverables, timeline, and fees of each scope.

OUR CREDENTIALS AND QUALIFICATIONS

We are a team of qualified and certified consultants and experts in the fields of physiotherapy, ergonomics, fitness training, and advisory business solutions.

We delivered projects in the following fields:



Group exercise training



Personal training



Ergonomic interventions



Corporate business advisory



Human resources advisory



Physical therapy interventions



Health and Wellness seminars



Education in academies and universities for health and fitness



Research and content development in the health and wellness fields

VALUE FOR MONEY

- › Improved productivity by being pain-free during work.
- › Increased employee satisfaction, wellbeing, welfare, and loyalty.
- › Reduced absenteeism from work-related injuries.
- › Reduced insurance premiums.
- › Alignment with ISO requirements, especially ISO 26800:2011, ISO 6385:2016, and ISO 27500:2016 in addition to GRI standards for corporate sustainability.
- › Reduced and competitive ergonomic consultancy fee compared to the market rate of physiotherapy treatment, with additional benefits that include avoiding pain, disability, and absenteeism, as well as improving productivity and satisfaction during work.
- › Competitive and affordable fee for the WellFit Virtual Club membership compared to hiring a personal fitness trainer, group exercise sessions memberships, or gym memberships, while retaining the benefit of live coaching by a qualified instructor.

CONTACT US

If you have any inquiries or suggestions, feel free to contact us on the following platforms:

- ☎ 04 215 6398
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- 📷 [wellfit consultancy](#)

