

LEGACY FITNESS



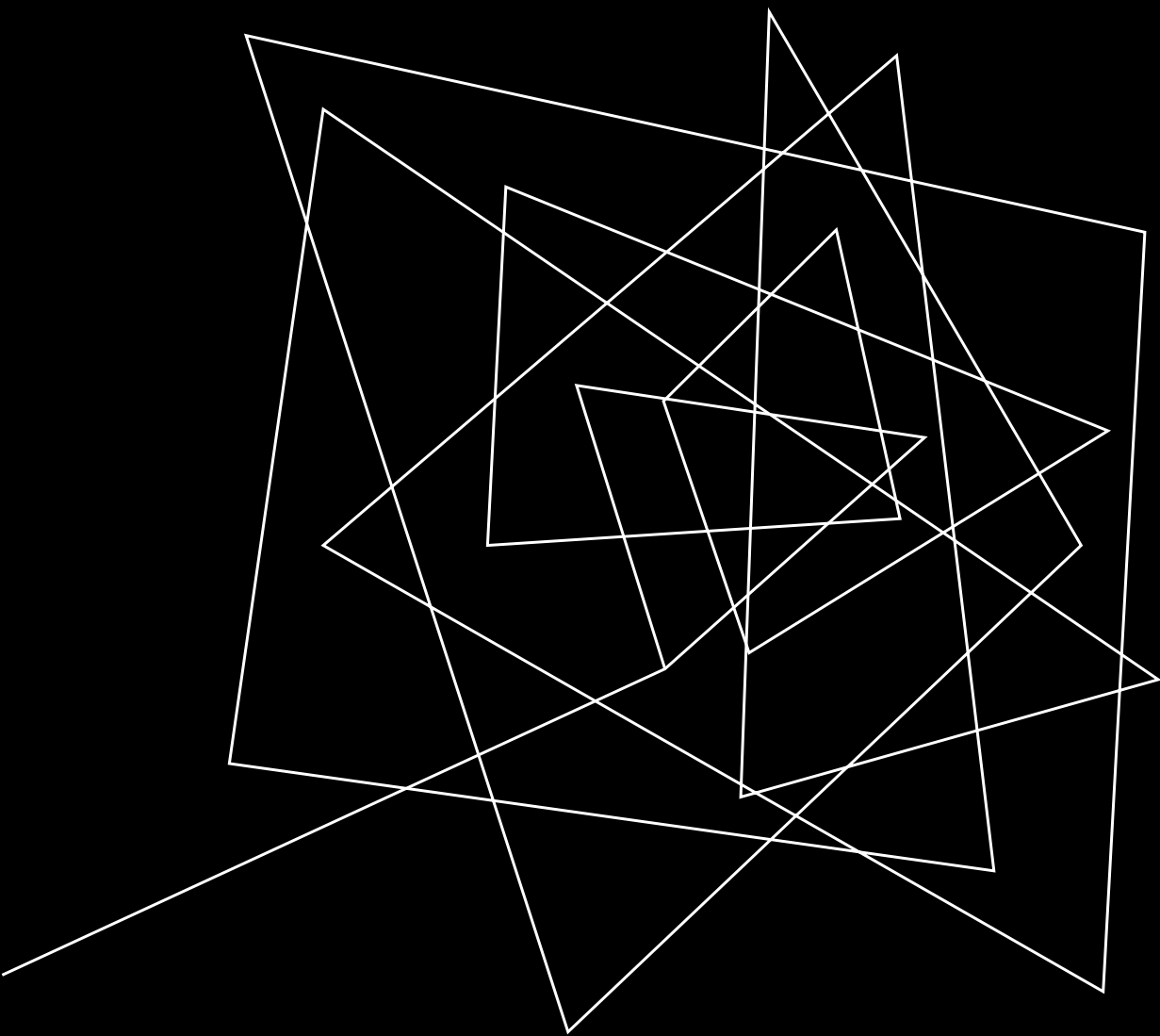
AMAL
المسؤولية
الاجتماعية للشركات
CORPORATE SOCIAL
RESPONSIBILITY

INTRODUCTION

Legacy Fitness

- 9+ years of experience in the fitness industry
- Working with corporate clients
- Bringing fitness to you
- Goal – to make your team / employees feel the best they have felt
- Making fitness fun & enjoyable





THE CORPORATE CULTURE AND NEEDS – WHAT IS THE PROBLEM?

THE PROBLEM



Studies show that:

- In general, employees have high stress-levels and poor work-life balance
- Companies with an effective wellness program realize an average reduction of 28% in sick days and 26% in health costs
- 70% of employees need their employer's help to make sure they are healthy and financially secure
- Over 50% of Millennials have seriously considered switching jobs due to workplace stress
- Delivering more personalized wellness programs would motivate over 80% of employees to participate more
- 70% of employees have increased their use of technology over the past couple of years to manage or support their health

THE SOLUTION

FITNESS AT THE WORKPLACE

- Improved Productivity: Research shows that workplace wellness programs reduce absence by 25% which increases productivity.
- Enhanced Morale and Engagement: Companies with wellness programs report higher employee morale and job satisfaction.
- Reduced Healthcare Costs: Workplace fitness programs lead to lower healthcare expenses by 52% and prevents health conditions.
- Stress Reduction: Participation in fitness programs at work is linked to decreased stress levels and improved mental well-being among employees.
- Increased Employee Retention: Organizations that prioritize employee well-being and offer wellness programs are more likely to attract and retain top talents.
- Promotion of Work-Life Balance: Workplace fitness programs support a better work-life balance for employees by providing opportunities for exercise and physical activity during the workday.





THE SOLUTION – WHAT CAN WE DO FOR YOU?

WHAT CAN WE OFFER?

- Flexible, scalable and customized options
- Appropriate for all levels
- Progression and regressions
- Team building activities

TYPE OF EXERCISES

- All type of workouts that are suitable for you and your team including:
 - Mobility
 - Meditation / Yoga
 - Pilates
 - Strength & conditioning
 - HIIT training
 - Function training

THE RESULT

- Happier and healthier staff
- Increment of productivity and concentration
- Social environment
- Increasing the confidence of employees



ADDITIONAL OFFERS – WORKSHOPS / SEMINARS

EDUCATION ON IMPORTANCE OF FITNESS AND NUTRITION

- Creating awareness
- Understand the role of fitness and nutrition in preventing lifestyle-related diseases
- Motivation
- Empowering Individuals to make healthier choices
- Promotes Self-Care and routine for good habits
- Addresses Mental Health Issues
- Prepares for Aging



ADDITIONAL OFFERS – 1:1 COACHING

CONDUCTING PERSONAL COACHING SESSIONS

- Goal Setting and Planning
- Self-Awareness and Mindset
- Time Management and Productivity
- Stress Management and Emotional Well-Being
- Relationship Building and Communication
- Career and Financial Guidance
- Health and Wellness
- Accountability and Motivation

WELLNESS & EVENTS

More than just a gym

- Legacy Fitness offers more than just gym / classes —it's a vibrant community dedicated to active living and creating memorable experiences.
- Alongside our diverse range of classes, we host events that bring people together beyond the gym walls and away from the workplace.
- We believe in pushing limits while having fun. These experiences not only challenge your fitness but also allow you to connect with like-minded individuals who share your passion for health and adventure.



Charity run with PWC during DFC 30x30



Competing and winning an award in the Emarat Aleman Games 2024



One of the team building events – Hike with Mashreq HQ's employees and family member

NUTRITION

IMPORTANCE OF NUTRITION

- **Supports Growth**
- **Provides Energy**
- **Prevents Chronic Diseases**
- **Boosts Immune**
- **Promotes Mental Health**
- **Enhances Longevity**
- **Aids in Weight Management**
- **Essential for Cellular and Organ Function**
- **Supports Athletic Performance**

NUTRITION

WHAT WE OFFER

- Webinar / workshops with focus on nutrition
- Individual meetings (face to face or virtual)
- Individual meal plans
- Wellness check-ins



TESTIMONIAL



Archana

*Vice President, Product Owner KYC & Website
Retail Banking Mashreq*

“I wanted to share my fantastic experience with you about the newly opened Mashreq gym – it's been a complete game-changer for my fitness routine!

For over 8 years, I've been dedicated to my personal exercise routine, but when I finally checked out the Mashreq gym due to a busy work schedule, I was pleasantly surprised. The state-of-the-art equipment complements any workout routine, and the cleanliness and hygiene, especially the fancy rain shower heads, are unbeatable.

But what truly sets Mashreq gym apart is its incredible team of coaches - Leggy, Edvige, and Helena. They're all amazing, and the mixed timetable they offer caters to all fitness levels. The classes are very well thought out, and the gym environment fosters a sense of camaraderie among employees, making it great for team building. I must give a big shout-out to Mashreq for not just providing a gym, but creating an environment where fitness goals are genuinely nurtured. Whether you're a seasoned CrossFit junkie or just starting your fitness journey, Mashreq gym has everything you need.”



Syed

*Digital Product Expert (Mortgages)
Mashreq*

“I want to express my heartfelt gratitude for your incredible support and guidance in helping me restart my exercise routine.

Thanks to your expertise and encouragement, I'm not only regaining my physical health but also finding renewed focus and energy for work.

Your remarkable ability to understand each of us during our sessions and your positive motivation to continue this fitness journey have had a profound and lasting effect on me. I truly believe that your dedication and commitment to our well-being are blessings in themselves.

Thank you once again for everything you do. May you be blessed abundantly for the positive impact you bring to people's lives.”