



MICSFIT  
CORPORATES



FEEL GOOD. DO WELL.

# WHY?



**We believe that every employee has the right to reclaim their health and well-being.  
MicsFit Corporates aims to provide people with the tools to become their best selves.**

# HOW?

At MicsFit Corporates we strive to make people *feel good*, whether it be their mental, nutritional or physical health. We guide them toward making better lifestyle choices and creating stronger connections in the workplace.

We believe that a healthy workforce is a powerful workforce. By giving our clients and employees the tools to *feel good*, they have the power to *do well*. This can be through achieving a better work-life balance, through facilitating business growth, and through creating a thriving internal culture.

# VALUES



## Fun

Fun can always exist alongside hard work, dedication and focus.



## Inclusivity

Our aim is to create a space for everyone to belong and thrive.



## Growth

We encourage growth that not only spans from emotional to physical but that supersedes any beliefs about oneself.



## Empathy

The nature of how we connect, is through compassion and understanding for all.



## People-Centric

We explicitly care for the happiness and well-being of people, that those who surround us, feel valued and supported.

# PILLARS

WELL-BEING = STATE OF BEING

STATE OF MIND



Collective and  
Individual Growth

MOVEMENT



Fitness &  
Movement Mechanics

NUTRITION



Education, Guidance  
and Support

# SERVICES

## » Well-Being Initiatives

Fitness

Workshops

Consultations

Role Profiling

Manual Handling

Gym Design

MicsFit Corporates aims to create all-encompassing well-being initiatives with a holistic approach, ensuring the overall wellness and success of your organisation. Our well-being initiatives look at the organisation and define which of our services would best suit the team's needs.

Our comprehensive strategy to corporate well-being goes beyond traditional wellness programs by recognising the interconnectedness of various aspects of an individual's life. It joins the dots between relevant education, industry Health&Safety expectations and the personal and collective growth of your employees.

We believe that employees' well-being extends into their personal lives. By addressing all dimensions of wellness, we empower your employees to thrive both professionally and personally. Considering the organisational strength, productivity and growth, we design a initiative that leads to increased productivity, reduced absenteeism, enhanced employee satisfaction and a healthier work environment all together.

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Your employee well-being has a direct impact on productivity, engagement, and overall organisational success. At MicsFit Corporates we value the importance of movement mechanics and injury prevention for individuals working in demanding professional environments. Our mission is to provide comprehensive fitness solutions that enhance well-being, reduce the risk of injuries, and ultimately improve productivity and job satisfaction.

We provide on-site corporate strength and fitness classes, bringing the fitness studio directly to your office premises. Our classes can be scheduled to fit seamlessly into your employees' busy work schedules.

Our corporate fitness classes are designed with a strong emphasis on movement mechanics and injury prevention. We believe that by addressing these key areas, we can help employees develop better body awareness, improve posture and reduce the likelihood of workplace injuries.

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We specialize in delivering informative and interactive customised seminars and workshops. We are dedicated to empowering individuals and organisations to prioritise and enhance their overall well-being. Our workshops are thoughtfully designed to address the growing need for holistic well-being in today's fast-paced and demanding world. We understand that individuals and teams perform best when they are in a state of optimal well-being, and we aim to provide them with the tools and knowledge to achieve this.

Every client is unique and so are our seminars and workshops. Based on our three pillars; state of mind, movement and nutrition, we identify together with our clients the areas of focus and design workshops that align with their corporate culture and well-being goals.

Integrating workshops or seminars will empower your employees to take charge of their physical and mental well-being and is a great tool to introduce and reinforce initiatives.



# SERVICES

## Well-Being Initiatives

A state of holistic well-being involves nurturing various aspects of life. This includes not only physical but also mental and emotional wellness.

## Fitness

Our experienced consultants provide a safe and supportive space for individuals seeking guidance and support on their personal growth journeys. Setting meaningful goals aligned with your employee values is one of our tools to support the vision for personal growth. Breaking down larger objectives into manageable steps and creating actionable plans to achieve them, empowers individuals to reach their full potential.

## Workshops

### » Consultations

## Role Profiling

Through our personalised approach, we aim to provide our clients and their employees with practical tools, insights, and strategies to enhance their overall well-being, focussing on nutrition, movement and mindset.

## Manual Handling

## Gym Design

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MicsFit Corporates understands that different occupations have unique physical demands and requirements. Our goal is to help individuals optimize their fitness levels to excel in their specific roles. By tailoring fitness programs to match the physical demands of different jobs, we enable individuals to improve their performance, prevent injuries, and enhance overall well-being.

We conduct in-depth role profiling assessments to understand the physical requirements and challenges associated with different roles and expectations.

Our team of experts analyses job descriptions, interviews employees, and observes on-site to gather comprehensive data about the specific physical demands of each role. This information forms the foundation for a customised strength, mobility and fitness program and metrics by which we track.

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We deliver comprehensive and interactive manual handling seminars designed to enhance workplace safety, understand ergonomics and reduce the risk of injuries related to work and life related tasks. Our seminars are meticulously crafted to provide participants with the knowledge, skills, and practical strategies necessary to perform manual handling activities efficiently and safely.

We understand that manual handling tasks are an integral part of numerous industries, and improper execution can lead to musculoskeletal disorders, absenteeism, and reduced productivity. Our mission is to equip organisations and their employees with the necessary tools to minimise the likelihood of such incidents, fostering a culture of safety and well-being in the workplace.

The seminars are designed to be engaging and tailored to the specific needs of each organisation. We utilise a combination of instructional techniques, including presentations, practical exercises, case studies and group discussions, to ensure optimal learning outcomes for all participants.

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At MicsFit Corporates, we understand that employee wellness is a crucial aspect of a thriving organisation. We aim to transform empty offices or outside areas into purpose-driven fitness hubs that promotes physical and mental well-being and fosters a positive work culture.

We develop customised gyms that align with your unique needs, fitting your well-being initiative and available space. An inspiring environment motivates employees to prioritize their health and fitness goals, leading to increased productivity, improved employee morale, and reduced absenteeism.

From design to installation, MicsFit Corporates manages the process for you to ensure a seamless gym setup. We have established partnerships with leading fitness equipment manufactures, allowing us to offer high-quality equipment and ensure your set up is purpose-driven.

# THANK YOU FOR TRUSTING US



# CONNECT WITH US

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