



# Tired Staff

## We Can Help!

CORPORATE FITNESS PROGRAMS  
DESIGNED TO MOTIVATE & INSPIRE  
YOUR EMPLOYEES TO ACHIEVE THE  
BEST FOR YOUR BUSINESS.

*Healthy Staff, Healthy Business!*



INSPIRE • MOTIVATE • ACHIEVEMENTS • SUCCESS • CONFIDENCE • HEALTHY • RELAXED • PERFORM • COMPETITIVE • ORGANISE



It is common knowledge that healthier bodies and healthier minds go hand in hand so the benefits of a healthy lifestyle plan for your employees might be obvious, but did you realise that healthy staff could actually increase your bottom line while reducing theirs?

## HOW CAN HEALTHY STAFF BENEFIT YOUR BUSINESS?

If you are in Human Resource and interested in finding out more about corporate fitness with N.D. Concepts then you're in the right place.

The Corporate Fitness Program offers you and your company an exciting array of benefits. As a corporation, your investment provides your employees discounted enrollment fees, monthly dues, free events and seminars. You can increase the value of this contribution by choosing to subsidize or sponsor your employees' membership dues, a great employee retention tool. As an employee you gain access to our state of the art facilities, expert advice and so much more.

In terms of medical claims, it is found that physically active employees are less expensive than inactive workers each year. In addition, studies by the International Fitness Club Network point out that the results of employee wellness and fitness programs commonly show a 100% to 300% return on investment in just five years. Other benefits of employees who are frequent exercisers include reduced employee turnover and higher job-satisfaction scores.

A corporate gym is a great way to provide your employees an outlet to relieve their day-to-day stress levels in today's fast-paced world. Contact us today and see how N.D. Concepts can help improve your employees' health and save your company money.

At N.D.Concepts, we provide progressive companies the services and facilities to invest in the long term health of their employees. From company wellness services to discount membership pricing, N.D.Concept's customized programming will deliver results that are measurable and sustainable. Let us develop a custom employee fitness and wellness program that meets your needs and budget

Mr. Neeraj David (Managing Director), N.D. Concepts, Ph-98100-89952  
Office Address: C-108, Sushant Lok Phase-II, Sector-56 Gurgaon-122002  
Website : [www.ndconcepts.co.in](http://www.ndconcepts.co.in)