



Bringing health and wellness to
the workplace

Go Strong is a team of experts focused on guiding our clients towards a healthy and happy lifestyle

Head Coach



Omar Martinez:

- ITCA certified triathlon coach
- POSE Method certified coach
- 4-time Ironman triathlete
- Qualifier to the 2013 ITU World cup

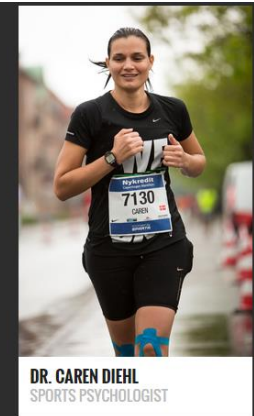
The Team



LUIS VARGAS
SWIM COACH



MONICA FERNANDEZ
YOGA & MEDITATION



DR. CAREN DIEHL
SPORTS PSYCHOLOGIST

Our Members



- All levels, including podium athletes
- Family and socially oriented
- Group sessions throughout the week
- Workshops and sessions open to the general public

In just a few months we have grown within the UAE athlete community



**1.1K+ Followers
And Growing**

**13K+ reach per
week**

50% 25-44 yo

78% Du / AD based

We offer several services to address the specific needs of your company and its staff

1) Corporate Health Consulting

- Weight Loss and Healthy Living Workshop
- Corporate Ergonomics Consulting
- Emotional and psychological well-being

2) Corporate Integration Events

- Sports & Family Days
- Executive desert treasure hunts
- Executive Island Integration Retreats

3) Corporate Sports Programs

- Corporate health & wellness classes
- Company-specific training programs
- Organized staff training sessions

CORPORATE HEALTH & WELLNESS

- Weight Loss and Healthy Living Workshop
- Corporate Ergonomics Consulting
- Emotional and psychological well-being

Weight loss and healthy living means healthier corporate finance

UAE OVERWEIGHT POPULATION



IMPACT OF OBESE EMPLOYEES



*Department of Medicine, Northwestern University Medical School, Chicago, Ill, USA.

[Journal of Occupational and Environmental Medicine](#) (Impact Factor: 1.8). 10/1998; 40(9):786-92. DOI: 10.1097/00043764-199809000-00007

Source: [PubMed](#)

Our weight loss workshops great way kickstart a positive health culture within the company

Weight Loss Workshop

1) What are calories: understanding energy

- Macronutrients
- How our body uses energy
- Understanding your BMR in relation to weight loss planning

2) Why it is so hard to lose weight

- Main reasons diets fail

3) How can I lose weight then?

- Guide to calorie counting
- How to plan your diet
- How to read food labels
- Lifestyle changes to support your diet
- How to handle cravings
- Ideas for pantry and fridge
- Examples of everyday menus
- How to manage meals alone and socially

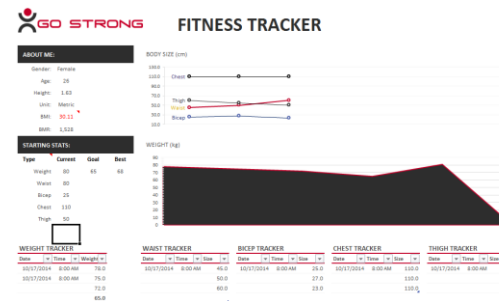


A weight-loss challenge will promote involvement and reinforce the message

In-house promotion



Personalized tracking



Planned Workouts

GO STRONG Fitness Plan			
ACTIVITIES	Set	Repetitions	Example
Break Press (Dumbbell)	2	12	
Chin Press (Hooked)	2	12	
Push Up	2	12	
Triceps Extension (overhead)	2	12	
Break Dip (Bar Kneel)	2	12	
Cranes	2	12	

Healthy Menus



Newsletters



Reasons to invest in corporate ergonomics

Reduce Costs



- Less Injuries
- Reduced health claims

Increase Engagement



- Positive perception from employees

Increase Productivity



Promotes Safety Culture



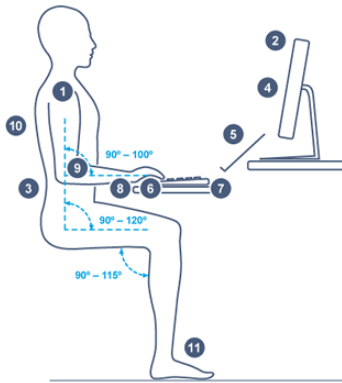
Solutions in Corporate Ergonomics

1) Workplace Habits Workshops (for employees to apply)



- Every day habits for employees to stay alert and healthy
- How to use equipment properly and avoid injuries
- Industry and job – specific training for optimizing processes
- Training of managers to ensure effectiveness of ergonomic program

2) Workstation Assessments (for employers to apply)



- Identify potential injury sources in your office
- Optimize hardware and assets to ensure best productivity
- Get cost-effective and easy to implement solutions
- Assessment on risk activities and their optimization for industrial workspaces

Emotional and psychological well-being for groups or individuals

- Stress and its implications,
- Team building
- Communication skills
- Time management and Goal Setting
- Leadership training
- Mental Toughness/Resilience
- Confidence training
- Emotional Intelligence
- Focus and Concentration



CORPORATE INTEGRATION EVENTS

- Sports & Family Days
- Executive desert treasure hunts
- Executive Island Integration Retreats

We organize active days promote an active lifestyle and increase engagement



TEAM I - UAE TREASURE HUNT

SELFIE TIME!
1ST TASK: TAKE A "GROUP SELFIE" AT THE ICONIC BEACH OF BURJ AL ARAB - YOU & THE BAA MUST BE ALL VISIBLE. IF SUCCESSFUL, YOU WILL GET THE FIRST HINT AND PROCEED TO TASK 2...

CREATIVITY!!!
4TH TASK: ON THE WAY TO THE UNKNOWN DESTINATION, COME UP WITH A UNIQUE, CREATIVE AND FUNNY SLOGAN FOR YOUR COMPANY. BE CREATIVE - THE BETTER YOUR SLOGAN, THE BETTER THE CHANCE TO GET REWARDED WITH THE TREASURE :-> KEEP IT FOR THE END

KEEP CALM AND IT'S QUIZ TIME

QUIZZ TIME!
2ND TASK: LET'S SEE YOUR UAE KNOWLEDGE!!! - YOUR DRIVER WILL ASK YOU 5 QUESTIONS - ANSWER THEM ALL CORRECT AND HE WILL GIVE YOU HINT NUMBER 2 AND BRING YOU TO TASK 3...

DISCOVER THE WORLD!!!
3RD TASK: DISCOVER THE WORLD OF IBN BATUTTA - ENTER CHINA AND CROSS IBN BATUTTA'S WORLD. YOUR DRIVER WILL WAIT AT THE EXIT OF ANDALUSIA. AT THE EXIT, NAME HIM THE COUNTRIES YOU WERE CROSSING IN BETWEEN CHINA AND ANDALUSIA TO GET THE SECOND HINT. THEN PROCEED TO TASK 4...

A world map with red dashed lines indicating travel routes. A compass rose is located in the bottom left corner. At the bottom center, there are ten empty boxes for recording progress.



1ST TASK: TAKE A "GROUP SELFIE" AT THE ICONIC BEACH OF BURJ AL ARAB - YOU & THE BAA MUST BE ALL VISIBLE. IF SUCCESSFUL, YOU WILL GET THE FIRST HINT AND PROCEED TO TASK 2...



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KEEP
CALM
AND
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2ND TASK: LET'S SEE YOUR OAE KNOWLEDGE!!! - YOUR DRIVER WILL ASK YOU 5 QUESTIONS - ANSWER THEM ALL CORRECT AND HE WILL GIVE YOU HINT NUMBER 2 AND BRING YOU TO TASK 3...

[illegible]

Team off-sites can also be arranged at the #1 rated desert camp



Private Island Retreats for executive off-sites



CORPORATE SPORTS

- Corporate health & wellness classes
- Corporate Sports Programs
- Corporate Sports Teams

These are some of the services Go Strong can provide for Daman's corporate clients

1) Corporate health & wellness classes

- Zumba
- Yoga
- Strong Body sessions (strength and conditioning)

2) Corporate Sports Programs

- Race specific training: 5km, 10km, 21km, marathon and triathlons
- Corporate fitness program for general fitness
- Group sessions: Yoga, Running, Cycling or Triathlon

3) Corporate Sports Teams

- Corporate triathlon team
- Corporate running team
- Corporate cycling team

Corporate Sports Programs

FITNESS AND TRAINING PROGRAMS

ZUMBA



YOGA



BODY STRONG



Prices to be negotiated depending on the plan frequency and classes acquired

Corporate Sports Programs

FITNESS AND TRAINING PROGRAMS

**Couch
to
5km**

**Absolute
Beginner's
10km**

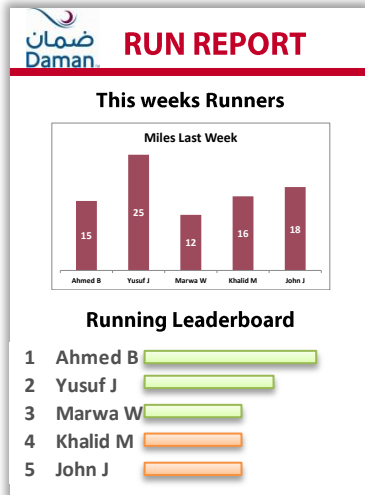
**Marathon
in
16 weeks**

**1st Sprint
Triathlon
15 Weeks**

**Bike Your
1st 100km**

Investment : AED 200 Monthly / Employee

THESE PROGRAMS ALSO INCLUDE:



**Weekly Tracking
(Free)**

**Branded Newsletters
(Free)**

**Uniforms
(Cost Based on Needs)**

**Race Day Activations
(Cost Based on Needs)**

Corporate Sports Teams

FITNESS AND TRAINING TEAMS

Triathlon
Team

Running
Team

Cycling
Team

Investment : AED 1,000 Monthly / Employee (Includes access to coaches at any time)

THESE PROGRAMS ALSO INCLUDE:



**Training Sessions
(Free)**

**Presence In Social Media
(Free)**

**Newsletter
(Free)**

**Race Preparation
(Free)**

**Race Preparation
(Free)**



THANK YOU