

THE SECRET TO A THRIVING BUSINESS IS HEALTHY EMPLOYEES



Pushpanjali Khaitan

Health Coach | Clinical Dietician | Author | Diabetes Educator

YOUR GREATEST **ASSET** ARE YOUR **EMPLOYEES**

Is Their Health Getting the Same Investment as Your Infrastructure?

- In today's fast-paced corporate environment, **most employees hit a slump physically and mentally by 3 PM.**
- The average office worker spends approx. **10 hrs sitting daily, leading to increased health risks.**
- Some **regularly skip meals or opt for unhealthy instant foods due to work pressure.**



Why **EXPERT** Intervention Matters

The modern workplace presents unique health challenges

- Extended screen time and long sitting hours affect eating patterns and sleep quality
- Stress-induced eating behaviors leading to poor food choices
- Irregular meal timing due to unplanned meetings

These factors combine to create a perfect storm for health issues that generic diet advice can't address.



Meet Your Wellness Expert

PUSHPANJALI KHAITAN

Guiding you towards better health & nutrition

- UK-certified Dietitian
- Advanced Diploma in Dietetics and Nutrition
- Certified Diabetes Educator
- Author: "7 Age-Defying Secrets"
- Corporate wellness specialist
- 7+ years transforming professional lives

Problems

THE HIDDEN COST TO YOUR BUSINESS

When Employee Health Suffers

- Productivity declines
- Creativity diminishes
- Sick days increase
- Team morale drops



Solutions

PERSONALIZED NUTRITION FOR A HEALTHIER WORKFORCE

PROGRAMS INCLUDE

1 Seminars and workshops

Stress management, physical activities, mental health and mindful eating

2 Employee meal plan

Offer healthy meal plan options in office and cafeteria

3 One on one coaching

Weight management, stress reduction, sleep improvement

4 Health risk assessments

Conducting regular health risk assessment and provide tailored recommendations

5

Mental health support

Counselling services or employee assistance programs

A Win-Win for all

THE STAYING FIT ADVANTAGE

- When employees are energized, focused, and supported through comprehensive wellness initiatives, they are empowered to reach their **full potential**.
- This increased individual productivity benefits the employee and creates a **ripple effect throughout the entire organization**.
- When employees feel valued and cared for, with **provisions such as nutritious meals** they are more likely to reciprocate that investment by being more engaged.
- They contribute more readily, innovate more effectively, and ultimately drive the **company's success**.
- By prioritizing employee well-being, you're not just improving individual lives; you're cultivating a culture of excellence & positivity, positioning your company for **long-term growth and prosperity**.

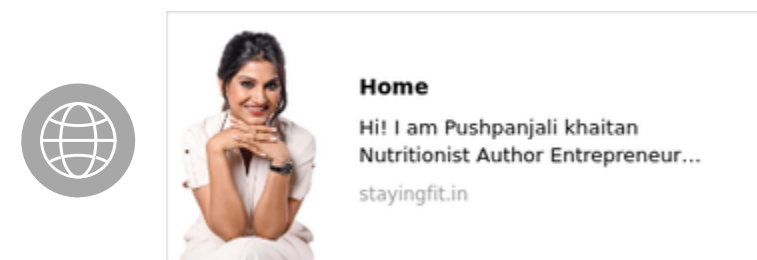


Staying Fit by Pushpanjali Khaitan

14th Floor, Suite no. 1413, no. 16 Strand Road,
Diamond Heritage Building Kolkata - 700001

 **+91 9073946448**

 **info@stayingfit.in**



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**LET'S CREATE A HEALTHIER
WORKPLACE TOGETHER**

Thank You for Your Precious Time