

# IMPROVE CORPORATE WELLNESS

with Actualize Crossfit



Running out of ideas to boost the workplace culture?



Finding it hard to motivate lethargic employees?



Seeing increased healthcare costs and people on MC?

**Studies have shown that corporate fitness programmes result in healthier and happier employees, and increased cost savings!**



## SAVE MONEY

Corporate wellness programmes have shown to save significant costs for the company, not only in healthcare expenses, but lowers time lost due to absenteeism.



## SAVE TIME

"No time" is no longer an excuse for not working out. Get the most out of your time with a workout that builds strength and invests in your health in the long term!



## BUILD A STRONGER TEAM

Harness the power of fun, friendly, team-based competition to build healthy habits and increases employee engagement and collaboration.

#1

TALK TO US

#2

SHOW UP

#3

GET STRONGER

WE HAVE WORKED WITH:



OCBC Bank



NAVIS



HEALTHIER, LONGER,  
BETTER LIVES

Build a resilient team with a fitness programme that works:

**MAKE YOUR FITNESS A REALITY TODAY!**

Drop us an email:  
[info@actualizecrossfit.com](mailto:info@actualizecrossfit.com)

Foster social connections