Powerhouse Gym had conducted fitness camps of various companies wherein the weight and height of employees are analyzed and based on the findings, a diet is suggested. Employees are also advised on what kinds of work outs they should go for. Powerhouse also had tie ups with many companies through which employees can avail of gym facilities at discounted rates.

Physical exercise is the best tension reliever, it is important for coping with stress. Person should relax by deep breathing. Stretching, yoga, meditation, these relaxation techniques are very helpful to remain calm in a bad situation. Exercise not only improves your health and reduces stress but also relaxes the tense muscles and helps you to sleep. Exercise can cause release of chemicals called endorphins into your blood stream and give you a feeling of happiness and positively affect your overall sense of well-being.