

# FortyPlusFit — Corporate Wellness Packages

Joint-friendly, evidence-based fitness for staff aged 35–60. Short sessions, measurable outcomes, zero equipment required.

## The Opportunity

Remote/hybrid work increased musculoskeletal complaints and burnout. Consistent, guided movement reduces discomfort, improves sleep, and lifts productivity. Our 30-minute formats integrate into workdays without disrupting delivery.

## Packages

Package	What's Included	Ideal For	Price
Wellness Starter	<ul style="list-style-type: none"><li>Weekly 30-min live class (Zoom)</li><li>Monthly wellness webinar</li><li>8-week team challenge + leaderboard</li><li>Quarterly outcomes report</li></ul>	SMBs, pilot rollouts ( $\leq$ R9,500 / month)	
Wellness Pro	<ul style="list-style-type: none"><li>2x live classes/week + Q&amp;A</li><li>Manager toolkit (micro-breaks, active meetings)</li><li>Ergonomics micro-courses (hybrid work)</li><li>Advanced outcomes reporting</li></ul>	Distributed teams ( $\leq$ R10,500 / month)	
Executive Coaching	<p>Pods of 10 leaders per pod</p> <ul style="list-style-type: none"><li>Travel-aware coaching blocks</li><li>Confidential progress tracking</li><li>Optional biomarker-aware planning</li></ul>	Leadership groups	R3,500 / person / month

## ROI Model (Illustrative)

Assume 100 employees, average loaded salary R35,000/month, baseline absenteeism 1.2 days/employee/month, and presenteeism loss 10%. A conservative 10–20% improvement in these metrics yields substantial savings.

Metric	Baseline	With FPF	Delta	Monthly Value
Absenteeism days	120 days	96–108 days	12–24 fewer days	R42k–R84k
Presenteeism (productivity loss)	10%	8–9%	1–2% restored	$\approx$ R35k–R70k
Engagement/Retention uplift		+1–2 pts	Lower attrition risk	Qualitative + recruiting cost def.

## Indicative Payback

For Wellness Starter @ R9,500/month, even the lower end absenteeism savings (~R42k) covers monthly cost 4x over. Pro scales similarly across larger teams.

## Measurement & Reporting

- Participation and weekly active rates (WAM)
- Self-reported MSK discomfort and energy (1–5 scale)
- Optional step-up VO2-proxy and mobility screens (aggregate only)
- Quarterly report with trends and recommendations

## **Implementation & Compliance**

Launch in 2–3 weeks. Zoom delivery with recorded replays. Privacy by design; only aggregated, anonymised reporting. POPIA-aligned consent flows.

## **Next Step**

Book a 15-minute discovery call: [corporate@fortyplusfit.co.za](mailto:corporate@fortyplusfit.co.za) • [fortyplusfit.co.za/corporate](http://fortyplusfit.co.za/corporate)