

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">Weekly 30min live class (Zoom)Monthly wellness webinar8week team challenge + leaderboardQuarterly outcomes report	SMBs, pilot rollouts (≤50)	R9,500 / month
Wellness Pro	<ul style="list-style-type: none">2x live classes/week + Q&AManager toolkit (microbreaks, active meetings)Ergonomics microcourses (hybrid work)Advanced outcomes reporting	Distributed teams (≤150)	R19,500 / month
Executive Coaching Pods	<ul style="list-style-type: none">10 leaders per podTravel-aware coaching blocksConfidential progress trackingOptional biomarker-aware planning	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	≈R35k–R70k
Engagement/Retention uplift	–	+1–2 pts	Lower attrition risk	Qualitative + recruiting cost deferral

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 stepup VO2proxy 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 • fortyplusfit.co.za/corporate