

A stylized illustration of five diverse people (three men and two women) sitting in a circle in a modern office setting. They are engaged in a discussion, with one woman holding a laptop. The background features large windows with light blue curtains, a hanging lamp, and several potted plants in terracotta pots. The overall color palette is soft and professional, with muted greens, blues, and oranges.

Balance Nutrition: Redefining Workplace Health

HEALTHY EMPLOYEES. HEALTHIER WORKPLACES.

We transform workplace wellness and help people and organizations stay healthy through science-backed nutrition plans that actually work. Instead of just sharing tips, we provide personalized programs that deliver measurable health improvements and real results for your organization's **success**.

Meet the Visionaries

Khyati Rupani

Founder & Chief Nutritionist

Vishal Rupani

Founder & CEO

Together, they create a **balanced approach** —
scientifically sound and business-oriented.



The Business Imperative for Corporate Wellness

Employee Health

Prioritize physical and mental well-being

Cost Reduction

Lower healthcare and turnover expenses

Productivity Gains

Reduce absenteeism and boost output

Employer Brand

Attract and retain top talent



Rising Health Costs

Lifestyle ailments increase absenteeism and healthcare expenses dramatically

Low Engagement

Generic wellness programs deliver minimal ROI and poor participation rates

Prevention Over Reaction

Corporates need preventive health strategies, not reactive solutions

Modern Workforce Demands

Employees expect personalization, convenience, and measurable impact

📌 Wellness isn't a perk, it's a strategic business lever that drives performance and reduces costs.

What Makes Balance Nutrition Different

We are more than just a wellness vendor. Balance Nutrition turns *"feel-good"* initiatives into **measurable health results** by combining clinical expertise with practical, everyday solutions.



Clinical Nutrition-Led

We are not fitness-led. Our foundation is medical-grade nutritional science



Data + Action Framework

We measure, intervene, and improve with continuous tracking



Personalized Health Plans

Tailored programs based on individual needs and goals



Risk Segmentation

Department-wise analysis with actionable dashboards for leadership



Continuous Engagement

Ongoing support and interventions, not one-off sessions

Balance Nutrition Product Ecosystem

BN SHOP

Science-backed nutrition for the modern office. Our curated products are designed to integrate easily into the workday while delivering real health benefits you can measure.

Healthy Meal Replacements

Complete nutrition for busy professionals on the go

Smart Snack Alternatives


Satisfying options that fuel productivity without the crash

Hydration Boosters

Enhanced hydration for optimal cognitive function

Functional Supplements

Targeted support for energy, immunity, and performance

 Our products help employees stay energized, focused, and healthy. We focus on boosting energy, balancing metabolism, and supporting immunity with solutions that fit perfectly into the workday.

Nutrition That Works For Your Workplace



Cafeteria & Meal Planning

Structured meal solutions for healthier choices at work, aligned with productivity and metabolic balance



Manage Cheat Hours (5-7 PM)

Targeted interventions to reduce unhealthy snacking with healthy alternatives and guidelines for craving windows



Workshops & Webinars

Practical education on nutritional habits with high engagement and actionable takeaways, not just theory



Active Health Centers

On-site nutritionists and dietitians providing real counseling integrated into work schedules



Personalized Diet Programs

Tailored plans based on preferences, roles, and health markers for maximum effectiveness



Targeted Checks for High-Risk Employees

Early detection and preventive care strategies to address health concerns before they escalate



Success Stories

“

Balance Nutrition transformed our workplace culture. Employee satisfaction scores increased by 35% and we saw a measurable reduction in sick days within the first quarter.

— **HR Director, Fortune 500 Company**

”

“

The personalized approach made all the difference. Our team members actually engaged with the program because it addressed their individual needs, not generic advice.

— **Wellness Manager, Tech Startup**

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“

We've seen a 28% reduction in healthcare costs and a significant improvement in employee energy levels and productivity. This partnership delivers real ROI.

— **CFO, Manufacturing Corporation**

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Our clients experience measurable improvements in employee health, engagement, and business outcomes. These testimonials reflect the transformative impact of our nutrition-based approach to workplace wellness.

What Gains from This Partnership

Business & People Outcomes

- Lower healthcare costs
- Higher employee engagement & satisfaction
- Reduced absenteeism
- Better performance & morale

35%

Engagement Increase

Average improvement in employee satisfaction

Leadership-Level Value

- Health Index dashboards for strategic decisions
- Real data over anecdotal wellness trends
- Culture of health that boosts employer brand

28%

Cost Reduction

Projected healthcare expense savings within first year

Employee Benefits

- Personalized, convenient, practical tools
- Ongoing support & real results
- Less stress, better habits, higher energy

40%

Productivity Boost

Expected improvement in energy and performance metrics

Our Engagement Framework

We don't believe in quick fixes. Our structured journey is built for sustainable success, integrating smoothly into your organization to provide value from day one.



- ❏ **Flexible Models:** We offer quarterly programs, annual wellness partnerships, or permanent wellness ecosystem support to match your needs.

Partnership Roadmap & Next Steps

- 1** — **Pilot Phase (8-12 weeks)**
Baseline assessment and outcome comparison with select employee groups
- 2** — **Review & Insights Presentation**
Comprehensive analysis of pilot results and recommendations for full rollout
- 3** — **Corporate Rollout**
Phased expansion across departments and locations with dedicated support
- 4** — **Ongoing Support & Health Tracking**
Continuous monitoring, optimization, and strategic health management

Contract & Agreement
Formalized partnership terms and commitments

Implementation Plan
Detailed timeline and resource allocation

KPIs Aligned with JLL Goals
Measurable outcomes tied to business objectives

Dedicated Support Team
Your committed wellness partnership specialists

Let's formalize the collaboration and launch the pilot for measurable workplace health gains.

