

Ignite Fitness & Wellness



IGNITE corporate wellness offers clients tailored programmes that inject energy and health into your workplace. We know that happy, healthy people have the power to create culture and in turn create great business.

Having worked with many of the country's industry-leading organisations and with a highly experienced and motivated team on board, we have developed a series of tried and tested wellness programmes that cater for companies of all size and scope. We are also happy to create bespoke wellness programmes for individual organisations with a specific brief.

EXPERIENCE

We were the first company to run a corporate wellness programme in the UAE and have since delivered thousands of programs to both SME's, Blue Chip companies and government organisations.

TEAM

From the very first planning session, our clients are amazed by the dedication, enthusiasm and passion of our team. We offer in-depth consultation and a can-do attitude that other providers can't match.

RESULTS

There are lots of ways to measure results, but lets face it, all your finance team are interested in is ROI. So we design programmes that give you just this whilst ensuring your employees really notice their own personal results.



HOW WE DO IT

PLANNING

Our process begins by learning about your organization and what you need to accomplish to create a baseline for building smart solutions.

ENGAGE

We motivate individuals to make progress on their wellness goals and support them with tools for improving physical, emotional, social and nutritional wellbeing.

STRATEGIZE

Based on your wellbeing assessment, we will design a wellness programme that addresses the key areas of concern within your organisation.

MEASURE

We measure the success of your wellbeing strategy and ensure progress toward your goals and ROI.

What Is Biometric Screening?

Biometric screenings are a series of health tests designed to offer insight into your employees overall health. We believe that knowing more about the prevalent health risks in your organization can help you develop better wellness strategies and deliver appropriate programming, as well as empowering your employees to take control of their own health.

HELPING YOU CREATE A HEALTHIER ORGANISATION

IGNITE Corporate Wellness believes in creating an environment that inspires everyone to champion their own wellbeing. We provide high-quality corporate health and wellness solutions tailored to your needs and your culture. See how we are leading a health revolution that MOVES everybody in your organization!

GET IN TOUCH

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