

Health Lounges

The Ultimate Fitness Makeover



**“Transform your
workforce, one breath
at a time”**

We empower employees with a balanced diet and yoga practices

"The Health Lounges-The Ultimate Fitness Makeover is India's premier Holistic Health start-up (Government of India Recognized), dedicated to revolutionizing corporate wellness and fostering a healthier, more productive workforce. Founded by Mr. Mohit Mittal, our mission is to empower corporate employees with powerful breathing and yogic techniques, optimal diet plans, and easy movements, creating a stress-free, obesity-free society within the corporate world.

By partnering with leading corporations, we have successfully impacted over 15,000 individuals from diverse backgrounds across six countries through our transformative programs. We recognize the unique challenges faced by corporate professionals and offer tailored solutions that integrate seamlessly into their fast-paced work lives.



Mr. Mohit Mittal
Founder

- 1 **WORK-LIFE BALANCE**
- 2 **WEIGHT MANAGEMENT**
- 3 **PRODUCTIVITY**
- 4 **STRESS MANAGEMENT**

CORE DIMENSIONS





What is P.E.A.K™?

Productivity Efficiency Awareness Kit (P.E.A.K) , a corporate initiative by Health Lounges®, introduces The Health Lounges Foundation's successful ideas to the business sector. It aims to transform individuals into extraordinary leaders through self-management, influencing long-term personal and professional growth. Under P.E.A.K, two programs are offered: the "Art of Letting Go" and the "Art of Eating Right."

**RISE AND
EMBRACE THE
POSSIBILITIES
THAT AWAIT YOU
BEYOND THIS
CHAIR**





- **Energizing Breathwork**
- **Warm up & Joint Movement**
- **Deep Stretches**
- **Guided Meditation**

ART OF LETTING GO

	Per Session	Per Month Package	Per Year Package
Duration	30 min	30 min	30 min
Sessions	1 Session	4 Sessions (1 session per week)	50 Sessions (1 session per week)
Investment	Rs 5,000/- inclusive of Tax	Rs 16,000/- inclusive of Tax	Rs 1,50,000/- inclusive of Tax
Maximum Participants at one time	100	100	100
Mode	Online on Zoom (Provided by us)	Online on Zoom (Provided by us)	Online on Zoom (Provided by us)

PRICING SLAB



- **10 Diet Principles**
- **Right Food Combination**
- **Deep Calories Calculation**
- **Diet Planning**

ART OF EATING RIGHT

	Consultation	Planning	Education
Duration	30 min	30 min	60 min
Diet Planning	Generic Diet	Customized Diet 2 Diet Plans/month	Learn Principles & Techniques
No. of Sessions	—	2 calls/month	5 zoom calls
Diet Type	—	Homemade food	Learn about various diets
Investment	Rs 5,000/month inclusive of tax	Rs 50,000/month inclusive of Tax	Rs 50,000/- inclusive of Tax
Method	One-to-One	One-to-One	Group Upto 100 participants

PRICING SLAB

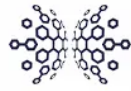
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