



Corporate Wellness Program

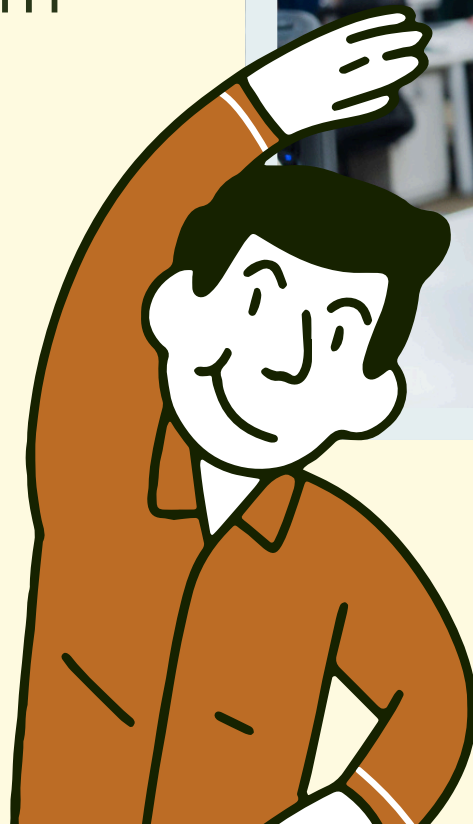
Practical wellness workshops for modern
workplaces

Movement • Mindfulness • Sustainable Habits

www.fitaraa.com



Presented By: Poojitha Bheemaraju





Fitaraa is a fitness and wellness company focused on creating sustainable, real-world wellness solutions for individuals and organisations.

We work with teams to support:

- Physical wellbeing
- Mental resilience
- Better work-life boundaries
- Consistent movement in desk-based roles

Our approach blends movement, mindfulness, and behaviour change, delivered in short, engaging formats suitable for busy teams.

WHO WE ARE

@fitaraa.wellness



THE CURRENT WORKPLACE REALITY



Today's teams are experiencing:

- Long screen hours and poor posture
- High stress and burnout
- Reduced daily movement
- Blurred boundaries between work and personal life
- Fatigue, low energy, and disengagement

These challenges impact:

- Productivity
- Morale
- Retention
- Overall workplace culture



www.fitaraa.com





OUR SOLUTION



 www.fitaraa.com

Our sessions:



Fit easily into the workday (30–60 minutes)



Require no special equipment



Are suitable for remote, hybrid, or in-office teams



Focus on actions employees can apply immediately

The goal is simple, consistent habits
— not overwhelming programs.





Desk Mobility & Posture Reset

Reduce stiffness, back pain, and fatigue from prolonged sitting



Stress Management & Breathwork

Practical tools to manage stress and improve focus



Digital Detox & Healthy Boundaries

Supporting mental clarity in always-online work environments

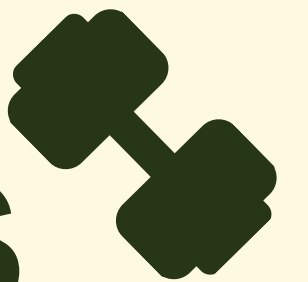


Women's Wellness at Work

Addressing energy, stress, and physical wellbeing for women employees



SIGNATURE WORKSHOPS



Each session can be customised to suit your team size, role type, and work setup.





HOW OUR SESSIONS WORK



Duration: 30 / 45 / 60 minutes



Format: Live (Zoom / Teams / In-office)



Style: Interactive, practical, inclusive



All sessions include simple take-home tools or resources

Optional add-ons:


- Workbooks or wellness guides
- Session recording
- Follow-up resources or challenges



WHY COMPANIES CHOOSE FITARAA



- Practical and easy to implement
- Designed specifically for desk-based and hybrid teams
- Combines movement with mental wellbeing
- Adaptable for different team sizes and industries
- Led by a certified fitness and wellness professional
- Focused on long-term habit building, not quick fixes



ABOUT THE COACH



Hi, I'm Poojitha Bheemaraju, founder of Fitaraa. I'm a certified fitness and wellness professional working across strength training, mobility, breathwork, and women's wellness. I work with individuals and organisations to build sustainable movement and wellbeing habits that fit into modern, desk-based workdays.

My sessions are practical, inclusive, and designed for all fitness levels. I focus on helping teams feel better, move better, and manage stress more effectively — without adding pressure or complexity to the workday.

My approach blends:

- Evidence-based movement
- Stress and energy management
- Simple, realistic habit frameworks



poojitha-bheemaraju



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LET'S CONNECT

If you're exploring employee wellbeing initiatives, we'd be happy to support your team.

We also offer a complimentary 15-minute demo session.

Contact Us

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