



ACTIVE WELLNESS

Offer For Business Clients

Let's go with us to the journey of health, condition and psychical shape!



Active Wellness s.r.o.

Address: Seifertova 49, 130 00 Praha 3

Web: www.activewellness.cz

E-mail: jiri.sverak@activewellness.cz

Info line: 777 770 179 (Mr. Jiří Svěrák)

Do you want to improve your employees work results?

Help them against the troubles caused by the back and cervical backbone pain because of the computer job or caused by long time car driving!

Do you think about the special present for TOP managers and VIP clients of your company?

Active Wellness company can offer you complex programs built up on training and medical lessons realized under the skilled medical control.

We are able to built up the lessons exactly according to your individual wish.

For each employee

- Massage directly at your work place. Managed relaxation is included in the massage as same as the show of preventive excercises helping you against the troubles caused by the back nad cervical backbone pain.
- Buying the original service package voucher in the value of CZK 1 500.
- Contribution for individual training lessons of Active Wellness in our partner wellness centres.

Relax Pass and Holiday PASS of Sodexho Company and UNIŠEK coupons are accepted.

For employees groups

- Co-ordination of group training with relaxation and rehabilitation components in our wellness centres or at the work place.
- Skilled presentations, short schoolings for employees regarding to "stress management" subject.
- Organization of special weekend event built up exactly according to your wish combined with outdoor/indoor activities for employees or clients of your company.

For TOP management and VIP clients

- Service packages set up from the programs of Active Wellness company.
- Uniqe komplex program "RELAX KOMPLEX".



- Classic Massage
- Relaxation Massage
- Thai Massage
- Shiatsu
- Lymfo-drainage
- Aromatherapy
- Chinese Massage
- Reflexion Massage
- Bulb Massage and others

Does the back and cervical backbone pain inconvenience you?

Do you feel low energy and are you tired?

Do you labour with stress and do you need to free your mind?

Do you want to concentrate better?

If you or your employees are answering "yes" to one of those questions, we have the solution for you. Massages of Active Wellness will bring you the disengagement of sore and numb muscles, these will help you with harmonization of your internal organs and with cellulite reduction.

We offer wide scale of massages, which our lectors can provide to your employees right at the work place. Very favorite massage for numb muscles is the relaxation one. Managed relaxation is included. Adviced massage period is 30 minutes per a person. Regarding to periodical orders of the lector we offer following discounts:

Prices of massages at the work place :

Basic price CZK 700/per hour

Block of massages longer than 3 hours..... CZK 600/per hour

Up on 20 hours/monthly we offer discount of 10 % from total monthly price (active in case of order up on 3 months).

Another possibility is to have a massage in one of our wellness centre:

Relax & recondition centre AQuattro, Olivova 4, Prague 1

Fit Top wellness centrum, Seifertova 49, Prague 3

Sport Centre Evropska, Jose Martiho 31 (same line as Evropska), Prague



Gift Voucher according to the wish of every employee, focused on example of training, focused on example of massage, including the discount for buying of exercise equipments or nutrition supplements.

Would you like to rate your employees in equity, but you don't know their wishes?
You're not sure if they want to know how practise the correct training or relaxation?
Do you mean that they'll like the massage or the managed bill of fare?

Active Wellness offers you the unique way how to be fair to all the employees without the necessity to check all their wishes. For sure, that these wishes are individual and what one will like, the other one will not like same and the compromise won't be also accepted. Make your decision easy because of the possibility of each and everyone according to the gift voucher for training check.

We offer two kinds of gift vouchers with value of CZK 1 500 under the discounted price of CZK 1000/per each.

1. Voucher which includes program of active training (aprx. 100 minutes)

- Skilled diagnostics of a motoric appliance managed by physiotherapist and specification of muscle inaccuracy and also the guide how to solve the problem by physical excercises
- Set up of the individual training plan in the fitness centre
- Set up of home individual training plan with advice of suitable training equipments
- Advice assistance for suitable bill of fare program

2. Voucher which includes program of massage and relaxation (aprx. 100 minutes)

- Skilled diagnostics of a motoric appliance managed by physiotherapist and specification of muscle inaccuracy and also the guide how to solve the problem by physical excercises
- Massage according to the wish (aprx. 45 minutes)
- Example of managed relaxation
- Advice assistance for suitable bill of fare program

Both vouchers include discount 10 % for one time buy out of the home training equipments Reebok or nutric supplements.



Complex programs Active Wellness

Healthy live style

Rehabilitation

Reduction of weight

Individual training lessons

Services can be at will combined

Absolutely new complex program of healthy live style which will bring you to very fine mood and will fulfil your wishes.

Present puts very high tasks on each and everyone, almost everybody have the back and cervical backbone pain. Hectic way of living is bringing a lot of stress from which other troubles are growing up, for example high blood pressure, headache, loosing the concentration or psychical problems. These negative aspects are shown during every day to our work results and for sure into the human relationships.

To change the live style, it cannot be so easy particularly if you have no idea how to go through this or where to start exactly. Active Wellness program cannot make the miracles, but with a bit of endeavour we can find the individual way together how to break it easily. In the shape of the program you will give into your organism balanced combination of activities (training, diet, rehabilitation, relaxation) and you will organize for your organism stabile and balanced growth. Those programs are set up by the team of skilled doctors, physiotherapists, skilled lectors and dietologists.

Each lesson takes 90 minutes and is set up by those components:

- training in the fitness centre enriched by the suitable rehabilitation excercises
- short massage of isthmus and neck
- managed relaxation

Price of the program:

Price of one lesson for business clients CZK 390/per person

Price of one lesson for two people together CZK 220/per person

Relax Pass and Holiday PASS of Sodexho Company and UNIŠEK coupons are accepted.

Those lessons you can also pass in one of our partner's fitness centres.

Group trainings



Group trainings,
Tai-Ji
Yoga
Pilates

AQuattro
TUE 18:00–19:30
THU 19:00–20:30

Fit Top
WED 19:15–20:15
SUN 18:30–19:30

Or anytime at your work
place.

Do you want your employees to have the periodical physical exercises?

Do they prefer group trainings more?

Let's advise them complex trainings focused on total reinforcement and stretching of the body, which can align muscle disparity.

Group training of Active Wellness is complex training program dedicated for smaller groups of people of all ages. It's unique because of the combination of rehabilitation, compensatory trainings and focused exercises with aerobic and force tonnage. Group trainings we can provide during your approved time and also right at your work place.

90 minutes komplex and enjoyable program is managed by two lectors and it's deal is as follows:

- reinforcement of the trouble muscle parts
- elimination or prevention of the back and cervical backbone pain
- fine relax and losing the stress

The lesson has got three parts:

- aerobic dynamic part
- force part connected with elongation
- stretching and relax part

We also provide lessons of Tai - Ji, Yoga and Pilates (according to the time schedule).

Price is concurrent for all the group trainings and for business clients is lowered to 90,- CZK per person. Relax Pass, Flexi Pass and Holiday PASS of Sodexho Company and UNIŠEK coupons are accepted.

Special Programs



Subjected enjoyable events built up for your employees or clients

One day meetings

More days events

Weekends with outdoor and indoor programs

Organization and promoting the parties

Does your company have different segments of customers?

Do you need the schedule of events for whole year?

Do you search for right combination of more days events, one day meetings or special evenings?

Do you want to give to your clients more than just a wine testing, golf academy or theatre tickets?

Do you search for the reason to have your clients loyal to you, to live with the brand and to spend also free time during this you can together with right and interesting way connect social event, business and finding new friendship?

We offer you exact program according to your wish with the outdoor/indoor combination of activities for your employees or your business clients.

What will you get as the added value?

- interesting and non formal adventure with the legend
- also with the support concerning the classic sport movement discipline you´ll get special view into the world of fitness, relaxation, physiotherapy, dietology and image too
- team built up from skilled and professional lectors, trainers, doctors and other professionals from area of nutric and body & soul care

The specification of your ask we´ll coordinate with you personally in combination with questionnaire and on it´s base you´ll get from us the draft with basic calculation.

For managers and VIP clients



Gift vouchers for AW packages according to your wish

Special bonuses for managers of your company

Exclusive gifts for your important clients

Valued benefits for your employees

Do you want to motivate your first line managers to the limit?

Do you search for valued benefit for your successful employees?

Do you mean to make your clients crazy because of the original and exclusive present?

Regularly you have thought decisioning regarding to subject how to choose the original present for your employees or VIP clients? Usually you have given them the dinner or invitation for evening social party, maybe you have given them the advertisement item or expensive bottle of wine. Than you realized, you haven't been the first. Many of your customers received lot of same invitations. Now you would like to give them something they would never forget!

This deal you can manage as follows, you'll give them fine experience, this can be massage, relaxation, cool day spent in wellness centre or individual event with the lector of their favourite sport. If you give a present to people you want to thank, let's give them something memorable and something what will have the very positive stroke to their health, they'll will esteem highly this kind of thank.

The specification of your ask we will solve with you during the personal meeting. We will pass you only the original proposals, which will be exclusive for your company. Price and value of these service packages we will manage according to your wishes and possibilities.

We are able to offer you also the complex relax-rehabilitation programs for TOP managers via individual programs (as follows).



RELAX-KOMPLEX

Unique relax - rehabilitation program of Active Wellness

For TOP managers

And also for high leveled sportsmen and sport teams

Total regeneration, relaxation of entire body, mind and soul

New relax rehabilitation program for TOP managers has got the following deal, total regeneration of an organism, relaxation of whole body, mind & soul and higher performance achievement.

Program RELAX-KOMPLEX is set up by those items with synergy effect:

- compensatory, rehabilitation and stretching training (stretching and training those part of the body, which annoy you and you need to reinforce and recover)
- visit of the whirlpool or the sauna (regeneration of your tired body)
- relaxation massages of whole body or just it 's part according to your need and wish
- managed psychical relaxation, suggestion, meditation (your body, mind & soul will be freed)
- rational nutric (individual bills of fare mean optimal component of the program)

Whole program is built up regarding to medical check and regarding to diagnostics of motoric appliance done by physiotherapist. Skilled professional for sport psychological preparation and rehabilitation, trainer and dietologist manage the evaluation of the results and also organization of program built up according to the need. Therapist completes the team of professional and he is interested in detection of preconscious figures, which block us in some deals making. The Relax-Komplex coherence is levered up by the cooperation of all professionals.

The time period of the lesson is 80 minutes and during this schedule the parts of the program are connected to each other. Form and intensity depends on possibilities of every client.

The program is realized in AQuatro wellness centre or at your chosen place.

The program price is individual concerning the frame.