



## Corporate Wellness

INFORM. TRANSFORM. PERFORM

WELCOME TO THE HOME OF  
SPORTS SCIENCE AND WELLNESS



**THE GREATEST WEALTH IS HEALTH**

For more information contact us on 021 659 5600, [Jolene@ssisa.com](mailto:Jolene@ssisa.com) or visit [www.ssisa.com](http://www.ssisa.com)

## WHY CORPORATE WELLNESS MATTERS

# A thriving workforce starts with wellbeing.



Two-thirds of employees worldwide are merely surviving instead of thriving — underperforming physically, mentally, and emotionally. Fewer than one in four feel their employer supports their wellbeing.

The result? Rising stress, absenteeism, burnout, and healthcare costs, all of which directly affect performance and morale.

At SSISA, we help to enhance wellbeing in your workplace and to identify those at risk of modifiable chronic diseases. Through science-based interventions that make movement, nutrition, rest, and resilience part of daily life, we help teams reconnect with energy, focus, and purpose.



**84%**

### HIGHER PRODUCTIVITY

When employees are healthy and supported, they bring more focus, energy, and drive to their work.

**72%**

### LOWER HEALTHCARE COSTS

Organisations that prioritise wellness reduce medical expenses and absenteeism.

**43%**

### REDUCTION IN STRESS

By promoting movement, mindfulness, and recovery, companies help employees better manage stress and maintain balance.

**41%**

### INCREASE IN MORALE AND RETENTION

A culture that values wellbeing builds loyalty, positivity, and purpose.



## ABOUT SSISA

### THREE DECADES OF EXCELLENCE IN HEALTH AND HUMAN PERFORMANCE.

Founded in 1995, the Sports Science Institute of South Africa has set the national benchmark for evidence-based wellness, performance, and rehabilitation.

Our multidisciplinary team — including lifestyle medicine doctors, dietitians, biokineticists, physiotherapists, psychologists, and performance coaches — combine clinical expertise with world-class facilities to deliver measurable results.

From elite athletes to everyday professionals, SSISA helps individuals and organisations unlock their full potential.

#### OUR CORE PILLARS:

-  **Assessment** - Data-driven insights into well-being and performance.
-  **Education** - Knowledge that empowers healthier habits.
-  **Activation** - Personalised programmes that inspire participation.
-  **Support** - Long-term impact through continuous engagement.



A healthy organisation is a productive one. Companies that implement structured wellness assessments and programmes:

- Save money through reduced medical expenses and absenteeism
- Experience higher productivity
- Enhance employee motivation and morale
- Experience improved staff loyalty and retention
- Promote a positive employer brand which attracts top talent

By integrating physical, nutritional, and psychological well-being into the workday, your company builds not only healthier employees, but stronger business results.

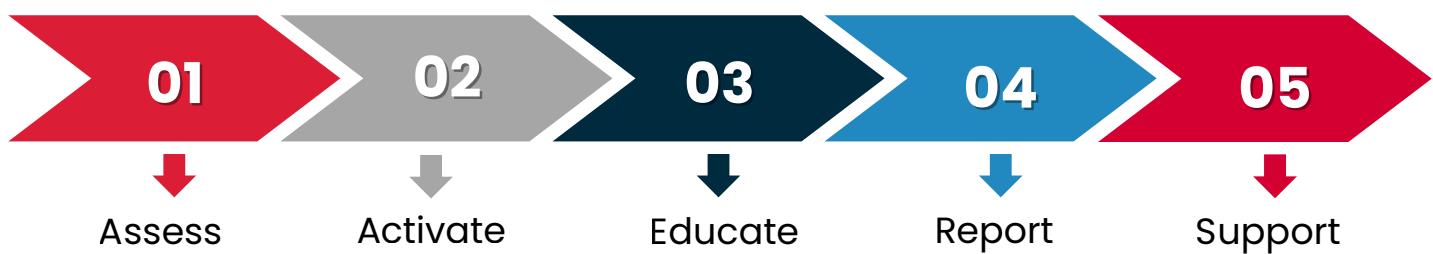
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Wellness isn't an expense , it's the smartest investment a business can make in its people.



At the Sports Science Institute of South Africa, our wellness model is designed for measurable, lasting impact, not tick-box activity.

Our process moves seamlessly from education to activation, ensuring every employee gains the knowledge, tools, and support to thrive. See some of the core components below, which can be adapted into a tailor made programme for your company:



Core components	Description
Expert Health Talks	Expert-led mini-sessions that educate and inspire on key health pillars: <b>Stronger 4 Longer</b> (longevity), <b>Inside Out</b> (nutrition), <b>Movement is Medicine</b> (exercise), and <b>Colour Me Calm</b> (stress management and personality insights).
Individual Health Questionnaire	Personal lifestyle and wellness assessment covering diet, activity, sleep, stress, and overall wellbeing habits.
Basic Health Measurements	On-site biometric screening including blood pressure, glucose, cholesterol, BMI, waist-to-hip ratio, grip strength, and balance tests.
Doctor, Dietitian & Biokineticist Hot Desk	Access to SSISA's multidisciplinary team throughout sessions — employees can ask questions and receive personalised advice.
Fun Activity Sessions	Choose between compression boots for recovery, sports massage, or personality "colour-coding" to encourage relaxation and engagement.
Baseline Company Health Report	An anonymised report summarising employee wellness data with actionable recommendations to improve organisational health outcomes.

# CORPORATE WELLNESS ACTIVATIONS

On-site

- ASSESS
- ACTIVATE
- EDUCATE
- REPORT
- SUPPORT

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