

# Corporate wellness

What is corporate wellness?

*"Workplace wellness is a program offered by some employers as a combination of educational, organisational, and environmental activities designed to support behaviour conducive to the health of employees in a business and their families." (Wikipedia)*

What is DUPLAYS corporate wellness?

Get your employees fit & healthy by having DUPLAYS create a tailor-made employee activity plan. Include fitness classes, training programmes, sport leagues, nutrition plans, physiotherapy or others. DUPLAYS can help develop a year-long health & wellness programme for your employees to encourage an active lifestyle.

Complement your corporate gym memberships with our outdoor, evening activities and discover what 5,000+ working professionals already have. Improve attendance levels through team based activities.

Sport is not just for competitive athletes; our programmes are inclusive of gender, skill and overall activity levels.



DUPLAYS will create a plan with tangible outcomes and measurable results.

## What we can offer

Sport Leagues  
Sports Specific Training  
Team building  
Physiotherapy  
Personal Training  
Nutrition Advice  
Sports Massage  
Progress Tracking online

## Promoting healthy eating

1. Website  
Content through RSS feeds at DUPLAYS.com/yourcompany  
Mini forum where employees can swap recipes and healthy eating tips
2. Counselling  
Access to nutritionist for advice and tailor-made plans
3. Cooking Lessons  
Teach employees how to prepare healthy meals at home, encouraging a healthy lifestyle

## Facts

Workplace physical activity programmes can:

- > Reduce sick leave by up to 32% and increase productivity by up to 52%
- > Improve mental concentration, stamina, reaction time, memory and alertness
- > Better relations with co-workers leading to increased employee retention



Contact us: [corporate@duplays.com](mailto:corporate@duplays.com)

# Corporate leagues

WHY CORPORATE LEAGUES? Maintaining a good work/life balance can be difficult. Our DUPLAYS Corporate Leagues provides the perfect outlet to socialise, foster company camaraderie and get fit while doing it. Employee wellness should not just be defined by your annual 2 day event or company dinner. Weekly activities improve fitness, team bonding and company interaction within all levels of an organisation.

We've got 2 types:

## 1. Industry Leagues

DUPLAYS organises industry-specific leagues in sports such as football, basketball, cricket and many others. Whether you work in Finance, Energy, FMCG or Health Care, we have a league for you. These provide great business networking opportunities outside of the boardroom.

## 2. Intra-company leagues

We can organise leagues just for your company and can accommodate anywhere from 30 to 1,000 employees playing football, cricket, basketball, badminton, tennis and volleyball on a weekly basis.

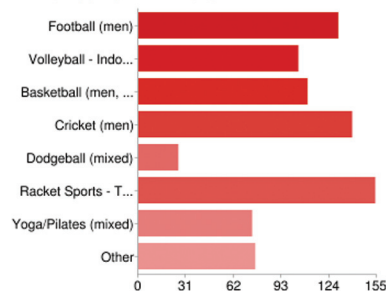
Pick the sports or activities and let DUPLAYS do the rest.

Don't know if your employees are interested?

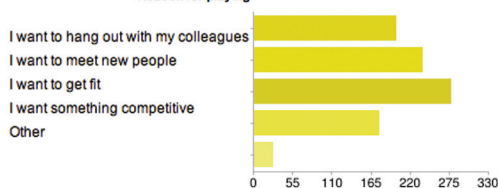
We have an easy way of finding out who is keen on playing sport. We'll create for you a free, simple web-based questionnaire tailored to your needs. We'll gather the results and share exactly what your employees want to play, when and why!

A screenshot of one of our surveys:

What sport(s) do you want to play?



Reason for playing



## Benefits

- ✓ All skill levels welcome
- ✓ Get your employees to rediscover sport
- ✓ Great selling point for new staff
- ✓ Make this part of your employee benefit package to retain and attract great talent
- ✓ Differentiate your workplace by giving your team something different.

Make your workplace a community not just an office.



# Corporate events

We don't need to call ourselves a team building company; through sports and games we will get your employees to work together, be active and most importantly have fun.

Johnson & Johnson , Brookfield Multiplex, Lukoil and Lloyds TSB amongst others have taken advantage of our Beach Games as an activity day for their employees. RSA held a cricket invitational over 4 weekends for their clients and industry peers.

Organise 1 or 2 day tournaments or fun activity days for the whole company to participate in. Examples include: DUPLAYS Beach Games, DUPLAYS Family Sports Day or DUPLAYS Invitational Days.

From event conception to execution, let DUPLAYS take care of organising events. Whether it's only the logistics you need help with or the entire event we'll get it done.

Here are some ideas of what we can do:

Fun Run  
Beach Games  
Cook-off  
Tug of War  
Softball  
Carnival Day  
Family Fun Day  
Water Sports  
Kickball  
Dodgeball  
Golf Days  
Invitational Days



What we take care of:

**Sports**  
Facility  
Equipment  
Administrators  
Referees/Umpires  
Apparel/Jerseys  
Medals & Trophies



**Logistics**  
Scheduling & Organisation  
Setup & Take down  
Light & Sound  
Seating  
Security  
Cleaners



**Extras**  
Photographer  
Videographer  
DJ  
MC  
F&B  
PR

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# Getting your company involved

## Tournaments

Basketball, Football, Cricket

Organise sports specific tournaments for your employees

Duration: 1 - 2 Days

*Employees: 0 - 1000*



## Team building

Beach Games, Team builders

Involve your employees in a fun day out; foster team camaraderie through organised sport and team building exercises.

*Employees: 0 - 1500*



## Activities

Paintball, Go Karting, Bowling, Archery, Dragon boating, Kayaking, Surfing

Get your team to a fun day out

*Employees: 0 - 500*



The above are a few ideas of what DUPLAYS can organise for your staff. If you are looking for more ideas, or have a specific idea in mind - let us know and we will make it happen.

# Our clients

Check out who we are working with and what we have done in the past.

## Intra-company leagues

Dedicated leagues for your organisation

Standard Chartered - Oct '12  
Internal football league, 12 teams, 8 weeks

First Gulf Bank - 2011, 2012  
Intra company league across Abu Dhabi & Dubai involving 700 employees

ENOC - Feb '12  
Intra company league, 500 employees, 4 sports, 5 weeks

RSA Insurance- Jan '11  
Cricket invitational over 4 weekends

Abu Dhabi Aircraft Technologies - Sept '10  
17-week basketball tournament, 200 employees, 20 teams

## Corporate events

1-2 day events that focus on teambuilding through sport

DHL Express - Feb '12  
65 person beach games as part of Training & Dev. weekend

Duke Fuqua School of Business - Jan '12  
1 day team building event with 150 MBA students

Royal Bank of Scotland - June '11  
100 staff with employees and families - family fun games

Brookfield Multiplex - February '11  
10 teams intra-company single-day cricket tournament

Johnson & Johnson- January '11  
3-day corporate conference with sports activation day

Lloyds TSB- November '10  
150-person beach games



## Inter-company leagues

Play against your industry competitors

Seasonal leagues 2012  
Oil & Gas Cup, Battle of the Banks, Healthcare, Law Cup, IT Cup

## Corporate Wellness

Tailormade year long sport and activity program for your staff

SEHA - 2012  
12 month wellness program for 17,000 employees across Abu Dhabi, Al Ain and the Western Region

