Introduction

Who We Are 02
Vision & Mission 02
Our Values 03

Wellness Services 04

Corporate Wellness 05
Holistic Health Consulting 05
Nutrition Education 06
Stress Management 06
Body Composition Analysis 07
Full Spectrum Fitness Services 07
Engagement & Team Building 08

Benefits of Corporate Wellness 09

Client References 11
INTRODUCTION

WHO WE ARE

Delta Wellness is part of Delta Fitness based in Jeddah, Saudi Arabia. For over 30 years, Delta Fitness has worked to provide fitness and wellness solutions in the Kingdom of Saudi Arabia and Bahrain as a trusted partner for some of the world’s leading organizations and associations.

Today, Delta Wellness exists to provide comprehensive well-being programs and services in the Kingdom of Saudi Arabia for corporations and individuals who are seeking to optimize their health, wellbeing, and overall quality of life.

We are committed to the World Health Organization’s definition of health, which states: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Our programs and services are designed to maximize total human performance by implementing evidence-based practices in all aspects of holistic health, including: mental, physical, social, emotional, and more.

With our dedicated team of professionals and network of partners, Delta Wellness is Saudi Arabia’s leading fitness and wellness provider.

MISSION

To positively impact the national health status by providing wellness programs and services

VISION

To be the preferred and leading wellness provider in the Kingdom of Saudi Arabia.
Integrity
We act with the highest ethics, both as individuals and as an organization.

Passion & Initiative
Passion and initiative is energy. Passion is what drives us and initiative is what enables us to do better and achieve higher.

Customer Centricity
This is why we exist. We are dedicated to providing value added products and services of great value to enrich our customers' lives through health & well-being.

Operational Excellence
We achieve our goals through mutual dedication, proficiency, and best practices.

Collaboration & Teamwork
Our success is dependent on unlocking individual potential and team collaboration in order to achieve synergy and deliver value to all our stakeholders.

Social Responsibility
We aim to positively contribute to our society and community in order to achieve a healthier lifestyle for all.
WELLNESS SERVICES

- CORPORATE WELLNESS
- HOLISTIC HEALTH CONSULTING
- NUTRITION EDUCATION
- STRESS MANAGEMENT
- BODY COMPOSITION ANALYSIS
- FULL SPECTRUM FITNESS SERVICES
- ENGAGEMENT & TEAM-BUILDING
Corporate Wellness

Corporate wellness programs are designed to support and encourage a holistic approach to employee well-being by creating an organizational culture of health. With such programs in place, employers can help reduce health risks, improve quality of life, and enhance personal effectiveness which in turn allows employees to more positively contribute to a company’s bottom line.

At Delta Wellness, we follow a clear and effective framework to tackle the leading issues concerning employee well-being. Our corporate wellness programs are designed based on the unique needs and vision of your organization.

Holistic Health Consulting

Delta Wellness provides trained health consultants who use integrative methods to implement lifestyle components and behavioral changes to improve our clients’ health. Working as change agents toward an overall healthier life, we work with our clients on:

- Reduce Health Risks
- Improve Quality of Life
- Enhance Personal Effectiveness
- Nutrition Patterns
- Physical Fitness
- Musculoskeletal Pain
- Sleep Optimization
- Stress Management
Nutrition Education
We embrace the understanding that there is not a one-size-fits-all way of eating. We also embrace the reality that food is medicine and that nutrients are the building blocks of our physiology. Our nutrition experts are experienced in educating our clients on approaches that are optimal for each persons’ bio-individual needs and circumstances, and the most effective plans for using nutrition to optimize life performance.

Stress Management
Managing stress and increasing resilience is one of the most important steps we all must take towards health optimization and longevity. Chronic stress is one of the main underlying causes of chronic illness in our modern world. Delta Wellness provides this crucial service to our clients’ using experts who are trained in a variety of methods of mitigating stress. As with most aspects of health, there is not a one-size-fits-all approach, therefore an individual’s unique circumstances will call for unique stress management dynamics.
Body Composition Analysis
Body composition analysis is essential for the complete understanding of the human body. Going beyond your weight and BMI, our InBody scanners break down your body composition into four components: fat, lean body mass, minerals, and body water. The results provide our consultants and our clients’ with data that facilitates more accuracy for goal setting, and empowers us to better manage physiological aspects related to aging, obesity, and other health factors.

Full Spectrum Fitness Services
Delta Wellness and Delta Fitness combine to provide a full range of physical fitness services to individuals and corporations. Our team consists of professionals in multiple human movement sciences, including, but not limited to:
Engagement & Team-Building
Delta Wellness places high importance on team building both within as well as outside of the workplace. Our activities facilitate better communication, better relationships, and ultimately increased productivity. These components can be provided as part of our corporate wellness programs, or for your company’s events.
Employee Benefits
The benefits of employee wellness programs extend far beyond physical health. Employees with access to wellness programs experience:

- Lower levels of stress
- Improved physical and mental health
- Improved self-image and self-esteem
- Improved collaboration and communication amongst departments
- Learn to leave stress at work and not take it home

Business Benefits
Businesses with wellness programs benefit financially and culturally, experiencing:

- A competitive edge during recruitment and word of mouth
- Mitigate employee presenteeism
- Retention of healthy employees
- Improved employee relations and morale
- Decreased rates of illness
- Increased productivity
- Reduced employee absenteeism
- Becoming an Employer of Choice
Employees with strong overall wellbeing are...

High engagement business units experience...

As likely to be engaged in their job

More likely to stay with the company

Higher Productivity

Higher Profitability

Higher Customer Ratings

Wellbeing + Engagement = Better Business Results

Source: Gallup, “State of The American Workplace Employee Engagement Insights”