



Al Jisr Foundation's "Project Wellness" to Improve Corporate Productivity

Al Jisr Foundation established a health initiative that improves overall health of employees.

MUSCAT , OMAN, July 8, 2018 /EINPresswire.com/ -- Project Wellness is a corporate wellness program that was launched by [Al Jisr Foundation](#) that focuses on employees' wellbeing.

The aim of the initiative was to help employees adopt and maintain healthy behaviours which would result in lowering health risks and improving productivity. Project Wellness targeted employees' lifestyle habits: diet, physical activity, and sleep which can prevent obesity, diabetes, cardiovascular diseases and other non-communicable diseases.

The challenge duration was 10 weeks. It involved 4 organizations: Al Jisr Foundation, Meera LLC, Miras Investments & Projects LLC and Mazaya Oman LLC. In total, 63 members joined and 6 teams were created, at random, to compete against each other for a monetary prize.

Zulaikha Al Zadjali, Head of the Health initiatives, said "Project Wellness is not just a weight loss program. It is about improving overall health and fitness by encouraging a lifestyle change. Throughout the 10 weeks, we provided our employees with Fitbit devices to monitor their activity, nutrition and exercise seminars, frequent diet tips through emails, weekly weight checks, blood pressure screening and scheduled fun team building activities. The program was a success with 78% of the participants reported achieving their fitness goals and 98% reported an increase in energy levels."

Saurabh Shah, a participant from Meera LLC, lost 14kgs throughout the competition. He says that "it's important that we keep ourselves physically fit and spare time to exercise regularly. Due to busy lifestyles, we neglect our health. Project Wellness is an excellent initiative that raises awareness by creating a positive mindset towards leading a healthier life. There was personal attention given to each participant. Participants were given a body composition scan by a professional from Horizon Fitness and an informative presentation on the risk of obesity and unhealthy diets."

It was concluded that the best way to improve employees' wellbeing is through a workplace health initiative. Therefore, the foundation is inviting other organizations to implement a wellness project with the help of Al Jisr Foundation.

Project Wellness is an inclusive program that's applicable to all genders, age groups, and physical abilities. Adjustments can be made according to personal health requirements.

For more information, contact Zulaikha Al Zadjali zulaikha@aljisrcharity.org

About the Al Jisr Foundation:

Al Jisr is a private Zakat foundation focused on creating strategic impact through (emergency) healthcare and education initiatives. As Oman's first non-profit organization to sign the United Nations Global Compact, it is particularly focused on steering Oman towards the achievement of the universally adopted Sustainable Development Goals.

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