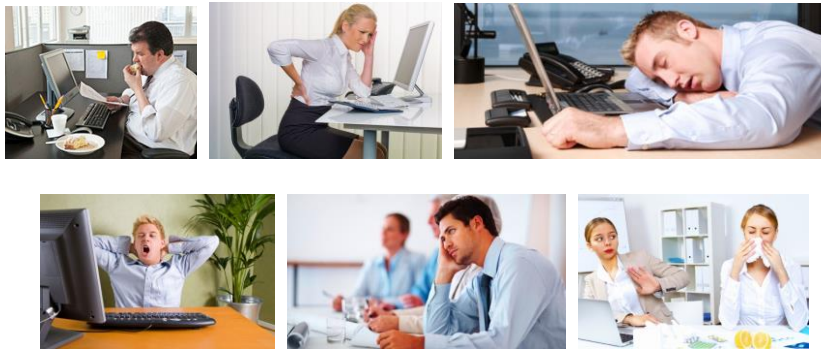




EMPLOYEE WELLNESS = COMPANY WELLNESS PROGRAMME

ANY COMPANY'S BIGGEST CHALLENGE TODAY IS ABSENTEEISM, PRESENTEEISM AND SEDENTARY WORKING CONDITIONS. DOES YOUR EMPLOYEES LOOK LIKE THIS?



GET YOUR EMPLOYEES MOVIN'!!



Studies of some chronic conditions and health risk factors found that lost productivity from presenteeism was

7.5 times greater

than productivity lost from absenteeism.

RST FITNESS HAS A SOLUTION FOR YOU!

WHO IS RST FITNESS?

IN A NUTSHELL - RST Fitness is a South African company based in Bredell, Kempton Park. The owner worked for 23 years in the corporate world and has firsthand experience of absenteeism, presenteeism and sedentary work conditions and the impact it has on employee productivity and company profits. He has also been involved in exercising and training himself and various junior athletes and sports teams for more than 20 years and providing rehab exercises to athletes, sports teams and Defence Forces in Africa.

Absenteeism cost SA companies R12 billion. Don't become part of the statistics ...we have a solution for you!!

Employee's wellness is seen as a key business tool and has become an essential component of the modern HR age. Companies that invest time and resource in a company-based wellness culture, with the focus on "maintenance" rather than "repair" have experienced major returns on investment. The most valuable asset in any company is its Human Capital.

Statistics recorded from 60 South African companies with more than 7 000 employees, over the course of a year revealed that employees that had been of sick was of sick for 8 days or more a year. This should be at about 1.5 percent - which means in a working year of 250 days per year, the average employee should take 3.75 days off sick.

Most companies have an overall absenteeism rate of between 3.5 and 6 percent (8-15 Days) - way over the acceptable limit of 1.5 percent. The absenteeism rate is calculated by dividing the number of days employees are absent by the number of days they should have been at work over a year.

Recent statistics have shown that the average person takes 4.1 days unplanned sick leave per year, which is costing the country R12 billion in lost productivity annually.

It is estimated that the average company loses 5% of its payroll to modify lifestyle risk factors, such as obesity, a sedentary lifestyle, smoking, drugs, stress, heart / cardiovascular disease, diabetes, cancer, high blood pressure, muscle degeneration, back ache / neck pain, osteoporosis, depression, dementia and RSI – repetitive strain injury - caused by wrong keyboards and computer mouse and incorrect computer sitting posture - slouching etc.



**Are poor posture and office equipment
HURTING YOUR PROFITS?**



How will your company benefit from our offering?

- Enhanced employee productivity
- Reduced employee absenteeism and presenteeism
- Decreased rates of illness and injuries
- Enhanced corporate image
- Improved employee morale
- Improved employee recruitment and retention
- Increased organizational commitment and creation of a culture of health

How will your employees benefit from our offering?

- Increased well-being, self-image, and self-esteem, increased productivity and energy levels
- Improved coping skills with stress or other factors affecting health
- Improved health status
- Lower costs for acute health issues
- Lower out of pocket costs for Medical Aid services
- Improved job satisfaction
- Safer and more supportive work environment

RST FITNESS SOLUTION

In life nothing is gained without vision, plan and commitment to achieve a goal, effort and self-discipline!!

Our Solution EXERCISE BUT WITH A DIFFERENCE – YOU ONLY NEED 15 MINUTES A DAY

Exercise improves brainpower, melts away stress, lifts energy levels, increases productivity levels, improves self-image, promotes weight loss, keeps your heart and lungs healthy, improves fitness levels, improve alertness levels and much more.

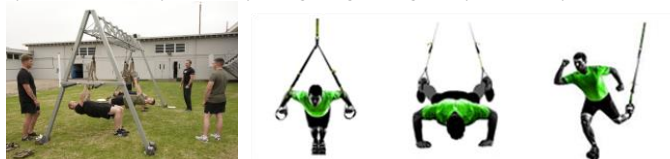
RST FITNESS has developed the RST Trainer it is an amazing new exercise device “Gym in a Bag” that lets you take all of the benefits of high-powered gym equipment anywhere you want to work out. It weighs only 1.5kg, can support 1,000kg thus safe to use and is a space saver as it folds away in a small carry bag, can be used indoors or outdoors and offers more than 100 combination exercises. It uses your own body weight to create a more powerful workout without the high cost and space requirements of conventional training equipment.

Save time and money as you will not have to go to a Gym. The RST Trainer can travel with you on business trips, to the office or even on holiday. **The RST will be a great asset as it can be used by the whole family.** RST trainer can be used by young and old -7 to 80 years – Scales to all levels of fitness and abilities – beginner – intermediary and advanced levels.

We are the only company in Africa that manufacture a Resistance Suspension Trainer of this kind. Safety is paramount to us and we thus ensure that only the best material is used in the manufacturing process and we have a very stringent quality control process before any of our products move to the final packaging stage at our factory facility.

What is a Resistance Suspension Trainer?

Suspension trainers are essentially length adjustable straps which can be temporarily fixed to an anchor point (door / or any other stable object) to allow you to harness your body weight against gravity and carry out exercises in a suspended state.



WHY IS CORE EXERCISES SO IMPORTANT?

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to protect your spine and posture. This will assist with back pain, headaches, shoulder and neck pain and slouching commonly associated with a desk job or driving for long periods of time.

Medical Professionals currently supporting the RST Trainer in their practices with great success

Dr. HC Toerien medical doctor from Witrivier and Celynn Erasmus qualified and registered dietician (RD SA).

RST FITNESS

Our factory facility is based in Bredell, Kempton Park. RST Fitness has sold in excess of 1,000 units to the consumer market with no returns!! The RST Trainer is available in various colours. We will be able to personalise ever employees RST in the colour of their choice or we can do it in the company colours.

RST Fitness has managed corporate company fitness challenges where companies have accepted our product and offering. **RST company package includes: The RST Trainer, Extension Strap, Doorstop and Carry bag, 18 exercise wall chart, CD with 70 Exercises and a demonstration session on the RST trainer to all staff involved.**

Pricing of the RST Trainer will be determined according to the number of units sold.

We would like to discuss this opportunity in more detail with you and also demonstrate the RST trainer to you.

Looking forward to meet with you.

Jéan-Pierre van der Riet

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