

# Company Profile



NBOFITNESS.com

**NAIROBI FITNESS**

**CONSULTING**

**"Your Rehab Training Partner"**

**2024**

## **Human Performance Exercise Therapy**

We offer Exercise Medicine & Rehabilitation for metabolic syndrome and obesity, and their established comorbidities, while offering a wide range of commercial standard fitness products & equipment for institutions, health clubs, public gyms and schools.



# About Our Company



## A Brief Story About The Company

NAIROBI FITNESS CONSULTING was founded, in 2020, set up to fill the need for Therapeutic Exercise Prescription and Corporate Wellness Intervention.

Due to the relationship between ill-health, obesity, musculoskeletal disorders, disability and health costs, the prevention of obesity and ergonomic interventions, on-site, are a priority in the workplace and hence the need to fill the gap.

# Vision

Our vision is to create local opportunity, growth and impact in every community and country around the world.

# Mission

01

Our mission is to empower every person and organization to achieve more out of life.

02

We value innovation, diversity and inclusion, corporate social responsibility, philanthropy and trustworthiness.

03

We are a faith based institution that provides whole person-centered care and services, illness prevention and health promotion, co-curricular learning opportunities, and public health leadership & expertise.

04

We are a nimble multidisciplinary team of health experts with a passion and ability to help our clients become the best version of themselves.





# Problems



## A Brief Story About The Problems

The company was set up to fill the need for Therapeutic Exercise Prescription and Corporate Wellness Intervention.

### The Society

Due to the relationship between ill-health, obesity, musculoskeletal disorders, disability and health costs, the prevention of obesity and ergonomic interventions, on-site, are a priority in the workplace.

### The Environment

We strive to ensure the ongoing health and strengths of our communities by giving and volunteering hours in support of education, arts and social services and by contributing to the well-being of our communities.

### The Pandemics

We work to share wider benefits where we operate. And we're helping to shape a more sustainable healthy future.



# Solutions



## A Brief Story About The Solutions

Nairobi Fitness Consulting provides wholistic care and services, illness prevention and health promotion, co-curricular learning opportunities, and public health leadership and expertise.



## Health Partner Solutions

We offer you preventive care that helps detect and/ or prevent serious diseases and medical problems before they can become major.

We offer you direct medical disease rehabilitation services, provide health and wellness personal training, nutrition, counselling and health promotion.

## Human Performance Solutions

We offer organizations a leg up for their bottom line combating: functional and occupational limitations from obesity and it's established co-morbidities; burnout and stress awareness; morale and reputation decline; workplace distrust and discontent; increased employee absenteeism; emergency room visits and hospital admissions; increased health risk; costly health insurance premiums, workers' compensation insurance and healthcare reimbursement; to create a culture of health; improve employee engagement, performance and productivity; talent acquisition and retention; health cost containment strategy; work life balance.

# HEALTH PARTNER SOLUTIONS



## **I.V. THERAPY**

Intravenous Therapy for Jet Lag, Sunburn, NAD+, Food Poisoning, Hangover, Migraine, Cramps, Skin, Rejuvenation & much more.



## **NUTRITION THERAPY**

Metabolic Programming for a healthy you, to fuel your body type with your Daily Recommended Macros & Micro-nutrients.



## **EXERCISE THERAPY**

Exercise Testing & Prescription for Sedentary Lifestyle, Metabolic Syndrome and Obesity, and their established comorbidities; Prehab and Post Operative Rehab; Chronic Disease Rehab; Sports and Athletics Training; & Aesthetics Training.



## **HORMONE REPLACEMENT THERAPY (H.R.T.)**

Hormone Replacement Therapy for Anxiety, Depression, Hair Loss, Fatigue, Weight, Muscle Mass, Energy, Cognitive Function & Libido.



## **MENTAL HEALTHCARE**

Psychologist Counseling for Behavior Modification and Adherence!  
Build Performing and Efficient Teams.



## **CONCIERGE MEDICINE**

At-Home Care with our Highly Personalized One-On-One concierge team of Experienced Medical Professionals.



Telehealth Consultations also available with the above solutions.

# HUMAN PERFORMANCE SOLUTIONS

-  EXECUTIVE CONCIERGE
-  EXECUTIVE DEVELOPMENT PROGRAM
-  HEALTH AND WELLNESS EVALUATION
-  FUNCTIONAL CAPACITY EVALUATION
-  HEALTH AND WELLNESS PROMOTION
-  HEALTH AND WELLNESS COACHING
-  WELLNESS EQUIPMENT AND PRODUCTS SUPPLY & DELIVERY
-  WELLNESS EQUIPMENT SERVICING AND MAINTENANCE
-  WELLNESS CENTER SETUP, INTERIOR DESIGN, MANAGEMENT & STAFFING



# Competitive Advantage

**Niche** We offer you services that are more unique to the market and offer you the desired benefits you care about.

**Differenciation** Our wealth of expertise has set us apart from our competitors and made us stand out.

**Agile** We are a nimble multidisciplinary team of health experts with a passion and ability to help you become the best version of yourselves.

**Custom-Made Solutions** We draw from our expertise and assemble resources to provide a unique solution to your problem.

**Brand Portfolio** We offer you a wide range of services and continuously explore promising categories of products.

**Good Management** Our management has years of experience in business, that enables us to represent and serve you better.





# Strengths

- Best Prices
- Innovative Mindset
- Built Platforms & Website
- Strong Brand Image & Equity
- Good Quality of After Sales
- Relatable to Society
- Long Term Investment

# Weaknesses

- Product Insurance Costs are Raising
- High Level of Third Party Turnover

# Opportunities

- Underserved Markets for our Specific Products
- Few Competitors in our Area
- Emerging needs for our services
- Price Competition
- Public Policies and Procedures

# Threats

- High Level of Employee Turn Over
- New Competitors From Other Country
- Covid-19 Pandemics Situation



# NAIROBI FITNESS

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## CONSULTING

"Your Rehab Training Partner"

Because, we're here to help

Our hope for the future is a more positive economic impact we have on communities we work in.

# Thank You



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