



BEFITREAT
Fitter. Healthier. Happier.

"Transforming Employee Retreats"

Enhancing Employee Wellness with BeFitreat: A Partnership for Health and Productivity





\$1100bn

Cost of chronic disease



\$250bn

Cost of work-related injury & illnesses



\$300bn

Cost of work-related stress



\$550bn

Cost of employee disengagement

Unwellness at work is extremely costly

45%

of Adults globally are affected by mental health issues whilst 26% are affected by obesity.

9%

have access to workplace wellness programs or services

37%

only 37% of employees agreed that their company care about their personal wellness

Key Challenges



Rising Workplace Stress, Burnout and Mental Health Issues



Increasing healthcare costs for companies



Employee disengagement & turnover



What we do

We specialize in helping our professionals become their best selves by:

- Getting **unstuck** in **their daily life**
- **Building** confidence to strive for a better life
- Overcoming **stress** and **burnout**
- Finding joy in **healthy eating** and **exercise**

How we do it

We run fitness/wellness retreats all year for individuals looking to disconnect and focus on their wellness through:

SUPPORT

Before, during and after attending BeFitreat

EDUCATION

Workshops on Nutrition, Hormones, Gut health and Mindfulness

COACHING

Highest standard of hosting, coaching, training and nutrition

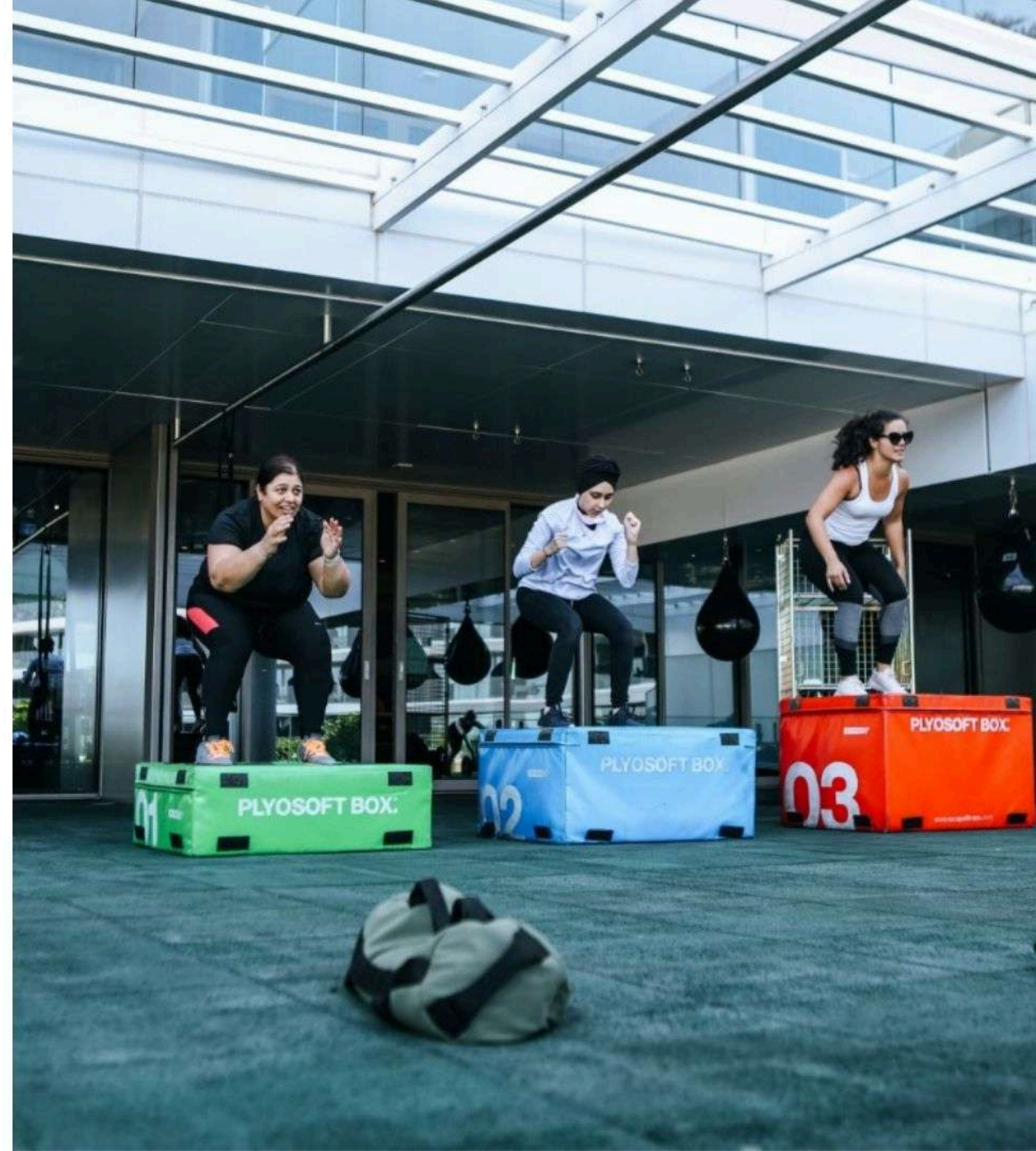
TRAINING

Strength Training, Circuits, Meditation, Yoga, Cross Fit, HIIT

BEFITREAT

Our mission is to create healthier, happier, and more productive workplaces

- **Programs tailored** to fit your company's size, culture, and budget.
- **Scalable solutions**, whether for small teams or large organizations.
- **Full Service** offering including all retreat and awayday logistics or collaborating with your in-house team to simply deliver your corporate wellness needs



Who We Appeal To



C-SUITE FOCUS

David

The high achiever

Taking time out of his busy schedule to focus on himself and what's next.

Looking get into the best shape and wants to be surrounded by good positive people.

Wants to gain muscle and lean out.

Easy going.



SOCIAL SOLOS

Lisa

Has a short holiday, likes exercise but a little bit overweight

Wants to enjoy holiday time with social side.

Single. Works a good job.

Wants everything done for her as she is on a short holiday

7-14 days max.



TOTAL RESETTER

Chris

Ex rugby player, Divorced.

Used to be very fit and a high achiever. Since been eating unhealthy, has some really bad habits around drinking. Also a bit of a gambling problem.

Really wants a full on reset. He feels stuck. He has a long period to spend with us so coming for 12 weeks.

Needs a supportive Coach and environment.

Money no issue.

Meet our Leadership Team

“Nothing truly great ever happened by staying in your comfort zone.”

With 15 years of experience in the corporate world, working in banking in London and Dubai, I know firsthand the challenges of the rat race—fatigue, time pressures, and neglecting health can take a toll. In 2015, I joined a fitness and wellness retreat that transformed my life, inspiring me to create BeFitreat. Our retreats are tailored to help busy professionals reset, recharge, and reignite their energy and productivity, so they can return to their lives as the best version of themselves.

Sarah Girgis
Founder

“To care for others effectively, you must first care for yourself.”

“With a background as an Executive Assistant, supporting VIPs, High Net Worth Individuals, and top CEOs in London and Dubai, I experienced the demands of long hours and high-pressure situations. This led me to realize the critical importance of managing my own well-being to perform at my best and support others effectively.

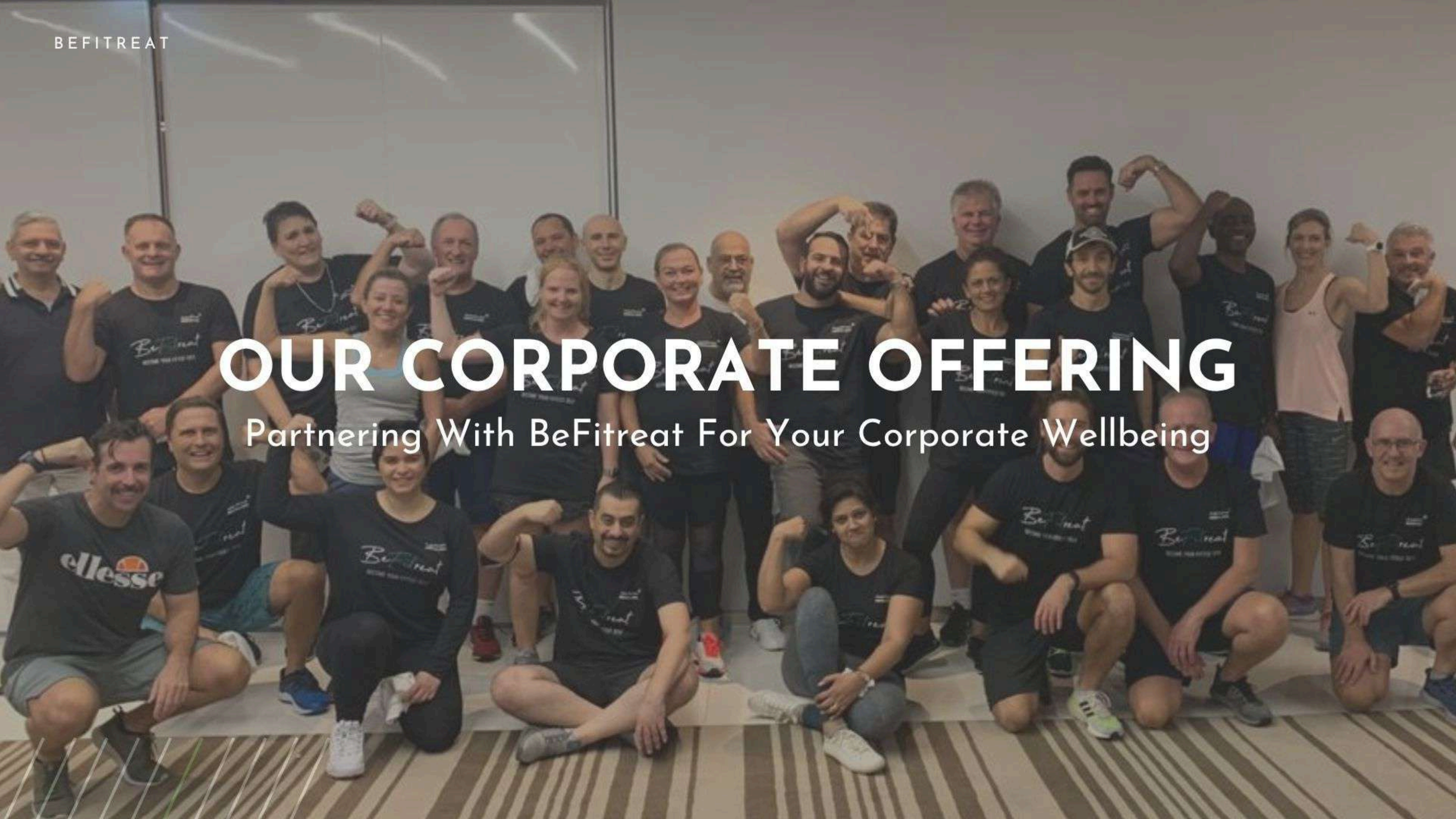
My health and fitness journey began in Thailand in 2015 at a transformative retreat that allowed me to step away from daily stressors and focus entirely on my well-being. This experience revealed the profound connection between mind, body, and soul and the value of a supportive environment in achieving lasting, sustainable change.

Helen Lowe
Partner



OUR CORPORATE OFFERING

Partnering With BeFitreat For Your Corporate Wellbeing



Corporate Wellness Days

Off-site health & wellness events including a mixture of physical and mental activity

- Group fitness classes + yoga + team challenges
- Workshops on Nutrition, Hormone Health, Gut Health and Physical movement
- Team Building activities incorporating trust and accountability





Corporate Wellness Retreats

Tailored programs focused on fitness, mindfulness, relaxation, and personal growth.

- Duration: 1 - 7 Days
- Includes wellness and recovery treatments such as ice baths, sauna and massage
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- Workshops on mindset, healthy eating, stress relief
- Team-building exercises designed to engage both the mind and body.

Flexible Partnership Model

Subsidised wellness retreats as part of Employee Benefits

- Exclusive Access to our Global Retreats with Special discounts.
- Add BeFitreat to your company intranet
- Discounts for employees as a part of your benefits scheme
- Fully organized wellness days for teams
- Employee performance incentives



Benefits For Employers



ENHANCED PRODUCTIVITY

Well-rested and rejuvenated employees perform better and think more creatively



INCREASED RETENTION

Employees value companies that prioritize their well-being, leading to better retention rates.



REDUCED ABSENTEEISM

Improved health reduces sick days and related costs.



EMPLOYER REPUTATION

Stand out as a forward-thinking company that invests in employee health.

Benefits For Employees



WORK-LIFE BALANCE

A chance to recharge
away from the stresses of
daily work.



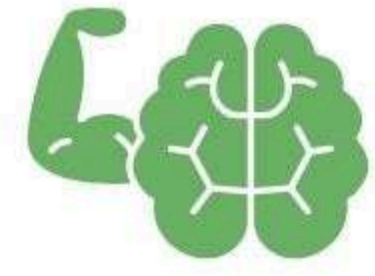
BOOST MORALE

Feeling valued by the
employer enhances job
satisfaction.



STRONGER TEAM BONDING

Retreats and wellness
days foster collaboration
and camaraderie.



IMPROVED MENTAL & PHYSICAL HEALTH

Access to wellness activities,
relaxation, and fitness
programs.

Case Study

Company Name: Mediclinic LLC

Number of Employees: 42 Employees

Retreat Duration: 3 Days / 2 Nights

Retreat Location: Dubai

At BeFitreat, we organized a three-day quarterly strategy retreat that combined strategy sessions with wellness activities, including workouts, breathwork, and team-building exercises. To keep energy levels high, we provided healthy meals and snacks throughout the day. This balanced approach helped the team stay focused, productive, and connected.



“

We approached BeFitreat to organize our two-day quarterly strategy away day, and they exceeded our expectations. They seamlessly integrated workouts, workshops, and breathwork sessions into our schedule, offering a refreshing alternative to the usual drinks and dinners. The experience was outstanding, and we'll definitely be reaching out to them again next year!

David Hadley, CEO Mediclinic, 2021



BEFITREAT

Let's partner

**We'd love to help you transform your employee
wellness offering and experiences**

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APENDIX



1 Day Corporate Wellness Day Sample - Dubai

08.00 - 09.00

MORNING YOGA AND BREATH WORK SESSION WITH HELEN LOWE

09.00 - 09.30

TEAM BREAKFAST & REFRESHMENTS

09.30 - 12.00

COMPANY FORUM MEETING WITH 30 MIN COFFEE BREAK - LED BY COMPANY

12.15 - 13.00

GROUP STRENGTH & CONDITIONING WITH ROB DONKER

13.00 - 14.00

LUNCH

14.00 - 15.00

NUTRITION FOR COGNITIVE THINKING WORKSHOP WITH ROB DONKER

15.00 - 17.00

TEAM REFLECTION & GOAL SETTING - LED BY CORPORATE FACILITATOR

18.00 - 19.00

SUNSET DRINKS RECEPTION

19.00 - 21.00

BONFIRE DINNER & ENTERTAINMENT

Day 1

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CHECK-IN

COMPANY FORUM MEETING

SUNSET YOGA WITH HELEN LOWE

PRIVATE DINNER @ SHALIMAR
OUTDOOR TERRACE

Day 2

PICK UP TO FOSSIL ROCK

HIKE, BREATH WORK AND ICE WITH
BENOIT DEMUEDEMEESTER

BREAKFAST

FORUM MEETING WITH
COFFEE BREAK

LUNCH

HEALTH & WELLNESS
WORKSHOP PRACTICES

PRIVATE BONFIRE & DINNER
IN TENTED VILLA

Day 3

MORNING YOGA & MEDITATION

INVIGORATE GROUP
TRAINING SESSION

BREAKFAST

MASSAGES

LUNCH

HEALTH & WELLNESS
WORKSHOP PRACTICES

GRATITUDE PRACTICE

DINNER

Corporate 5 Day Retreat Sample - Thailand

Day 1	Day 2	Day 3	Day 4	Day 5
BEACH WORKOUT	MORNING YOGA	BUDDHA WALK		YOGA AND BREATH WORK SESSION
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
RELAX/EXPLORE	MORNING COOKING CLASS WITH MARKET TRIP	RELAX		MASSAGES
LUNCH	LUNCH	DAY AT KATA ROCKS WITH SUNSET	PRIVATE BOAT TOUR FULL DAY WITH SUNSET	RELAX
ELEPHANT SANCTUARY 1/2 DAY EXCURSION	RELAX MASSAGES SUNSET DRINKS			
DINNER	DINNER	DINNER	DINNER	



BeFitreat Special Moments at W Dubai The Palm



Copy link



Watch on  YouTube

BeFitreat

<https://www.youtube.com/watch?v=7Qgj9-Sl0Vw>