



beFIT, beHEALTHY, beWELL.

#MGallerySarajevo WELLBEING PROGRAMS FOR GROUPS

- ✓ ENERGIZE YOUR STAFF WITH EXCITING SPORTY TEAMBUILDINGS
- ✓ FOSTER CORPORATE CULTURE THAT ENCOURAGES YOUR EMPLOYEES TO MAKE HEALTHY CHOICES EVERY SINGLE DAY
- ✓ CREATE LONG-TERM POSITIVE IMPACT ON YOUR TEAM'S PRODUCTIVITY

#DoltForYou



TARČIN FOREST RESORT & SPA
SARAJEVO

Our wellness oasis, located just 30 minutes from Sarajevo airport in the unspoiled pine wood of Tarcin valley, embodies the concept of healthy way of living. Our non-smoking, alcohol-free retreat, offering chosen organic specialties and regenerating outdoor activities in the healing mountain air, might be the perfect place to let your team bond in a sporty, healthy and entertaining team building.

Certified experts of our partner organization Pro-Fit Health. Strength & Conditioning (PFHSC) will make it possible and create extensive wellbeing program tailored for your organization's needs, **including individual health screenings and training, or nutrition plans for your employees.**

#MGallerySarajevo wellbeing programs address common physical and emotional health issues of today's working women and men, related with physical inactivity, inappropriate training habits, long sitting hours and stress.

INDIVIDUAL HEALTH SCREENING

Non-invasive examinations, such as body composition analysis, functional movement screen, blood tests or ergo spirometry, will identify any areas of concern in your body!

GROUP TRAINING SESSIONS/ INDIVIDUAL TRAINING PLANS

During your stay with us, your employees will have active fun on the healing mountain air learning how to exercise correctly later on. **Furthermore, individual physiotherapy, nutrition and exercise plans will improve your team member body composition, posture and movement.**

RECOVERY

After your employees have been screened, after they have exercised and learned about wellbeing, let them regenerate their minds and bodies in our exclusive Wellnes&Spa center, while swimming in our panoramic pool or enjoying Finnish Sauna, Turkish bath and relaxing massages.

HEALTHY SEMINARS

"The Winner takes it All" is consisted of 90 minutes of interactive learning and entertaining insight into everyday activities that make people feel unwell. More importantly, our experts' advice on motivation, nutrition and correct exercise will help them pursue positive actions and feel better and productive again.

GROUP WELLBEING PACKAGES

You can choose from our three packages depending on the needs of your group or combine them for a fully programmed 2-3 day healthy teambuilding!

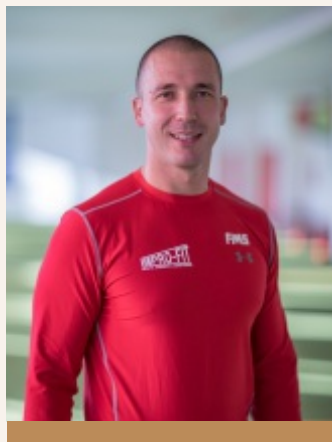
		Well Informing	Well Training	Well Being
Healthy Seminars	Description	BASIC	GOLD	PREMIUM
Mind-set of a winner	30' lecture + 30' exercise			*
Nourish your mind and body	30' lecture + 30' exercise		*	*
Avoiding pitfalls in training	60' lecture (demo incl.)		*	
Recovery is the key to success	30' lecture		*	
Winners take it all (1-4)	90' lecture	*		*
Healthy Screening				
Blood tests	5'/person			*
Body Composition Analysis	5'/person	*	*	*
Functional Movement Screen	7 tests, 15'/person	for 2 persons or more *	*	*
Ergo spirometry	30'/person		for 2 persons or more *	for 2 persons or more *
Healthy Training Session				
Group Training Session	90'	*	*	*
Individualized training plan (+with demo)		for 2 persons or more *	for 2 persons or more *	*
Recovery				
Panoramic swimming pool, three types of saunas & fitness center		*	*	*
		50 KM/person 1 nights stay	80 KM/person 2 nights stay	100 KM/person 3 nights stay or more

EXTRAS - upgrade your package or reward some of your employees by purchasing one of following high quality, personalized wellbeing products!

Ergo spirometry		130KM/person	120KM/person	110KM/person
Personal training session		75 KM/person	70KM/person	65/person
Consultation and Individualized nutrition plan		135/person	125/person	115/person
12 Week semi-private supervised training	3x/week	900 KM/person	900 KM/person	900 KM/person

*Packages are designed for min. 10 persons, but we are at your disposal to create tailor-made offers for smaller teams, families or individuals. **Number of individual programs included depends on the total group size – every fifth person in your group can receive an individual plan.**

EXPERTS WHO WILL BE WORKING WITH YOU:



ADNAN MALJEVIĆ, MR. SCI.
PFHSC
Functional Movement Screen
certified expert



ALMIR MALJEVIĆ, DR. SCI.
PFHSC
Functional Movement Screen
certified expert



AMELA IVKOVIĆ O'REILLY
Graduated nutritionist

PFHSC professionals use the same sophisticated program that originates from the USA to support many high performing, well-known athletes. Their "wellbeing circle", consisting of social, physical, environmental and psychological influences on one's health and proven practices how to think, eat and exercise properly, can be applied on each one of us. More at <https://www.pro-fit.ba/>



Book your healthy, memorable teambuilding with us:

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