



Fidson Healthcare Plc

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### **Fidson Healthcare Plc: Leading the Wellness Generation**

As a visionary and leading healthcare company in Nigeria, Fidson Healthcare Plc is already looking into the future of healthcare realizing that the world has entered the age of wellness and preventive medicine.

In this regard, the company has taken the initiative of leading the wellness generation. One of the ways the healthcare giant is proactively ensuring this is through the entrenchment of a wellness policy in the workplace.

To achieve this, the organisation has recently commissioned her 1<sup>st</sup> class gymnasium and fitness center at its ultra-modern corporate head office in Lagos. The Fidson gym parades aerobic exercise gadgets like a Nautilus NE-3000 Elliptical; two units of Vision Fitness E-3100 upright bike; three units of Proform-585 perspective treadmill with inbuilt screen; a unit of Kettler multi-gym ultra pro; Kettler bench press and Solex sit up exercise bench. The facility also has equipment such as two units of Solex 15kg rubber grip dumbbell; two units of 20kg rubber grip dumbbell; 50kg dumbbell set for bench press; Proform dumbbells set with stand capacity variable from 4kg to 20kg and Kettler dumbbell set for ladies with stand among others.

Explaining the basis of this investment, Fidelis Ayebae, Managing Director, Fidson Healthcare Plc said the essence was to ensure that Fidson staff stay healthy, fit and achieve wellness in its totality.

Since the company is already thinking in the direction of investing in lifestyle solutions for all its customers, Ayebae said this is one way of ensuring that its employees imbibe the culture as a way of ensuring that charity begins at home. In view of this, the management of Fidson Healthcare Plc is encouraging use of the gym facility for its executive management team and has instituted a reward system for other staff members that engage in fitness activities.

As a deliberate strategy to permeate the company with this wellness initiative, all elevators at the corporate head office remains shut until 9.30 am and close by 5.00pm every day. This, according to the Managing

director ensures that staff at every level engage in a daily exercise when they use the staircase to and from their various offices at resumptions and closing hours.

The company has also concluded plans to bring in a nutritionist two or three times in a month to enlighten members of staff on the importance of maintaining a healthy eating habit and work-life balance.