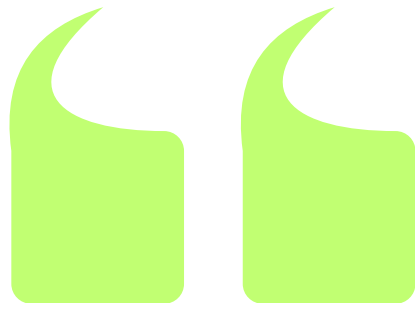




I used to believe I needed one whole uninterrupted hour to exercise.

Then I discovered that movement doesn't have to compete with life; it can become a part of it.

ONYOMARK
@WORK

A practical employee wellbeing program
designed for the modern working styles



The Modern Workplace Has Changed. Our Bodies Haven't.



Work today looks very different from what it did 20 years ago.

Our days are filled with back-to-back meetings,
endless screen time, long commutes and hours spent sitting.

Most employees don't lack motivation.

They lack time, energy and a realistic way to stay active.

Somewhere along the way, we have started believing that
being healthy requires finding a perfect one-hour workout.

So we postpone it --

Tomorrow.

Next Monday.

Next month.

Until stiffness and fatigue quietly become normal.

What if we've been looking at movement **the wrong way?**

One of the biggest misconceptions about health is that exercise only "counts" if it happens in the gym.

The truth is much simpler.

Movement isn't something that should compete with work. It should complement it.

*When people understand how movement actually works, they **stop chasing perfect routines** and start building sustainable habits.*



Introducing **ONLYOMARK @ WORK**

A **12-week** employee wellbeing experience designed specifically for busy professionals. Instead of asking employees to completely change their lives, we help them make movement fit into the life they already have.

Move Better

Understand why stiffness happens.
Improve mobility.
Feel more comfortable in their bodies.



Move More

Build realistic movement habits.
Increase daily activity.
Develop consistency without overwhelm.



Grow Stronger

Understand strength training.
Build resilience.
Create habits that last beyond the program.

This is NOT another Wellness Event.

Most workplace wellness initiatives are memorable for a day.

Real wellbeing comes from *repeated action*.

That's why ONYOMARK @ WORK combines learning with accountability.

Employees don't just attend a workshop. They continue learning, asking questions, applying new habits and supporting one another over twelve weeks.

**Because lasting change isn't created by information.
It's created by consistency.**



Designed For Real Working Professionals.

This program is built for people who

- ✓ spend most of their day at a desk
- ✓ **believe they don't have enough time to exercise**
- ✓ experience stiffness or low energy at/after work
- ✓ want practical guidance rather than extreme fitness advice
- ✓ are looking for habits they can actually maintain

Whether your employees are remote, hybrid or office-based, every session is designed to fit seamlessly into modern work life.



Meet Your Coach

Hi, I am Samiksha.

Before becoming a fitness coach, I spent more than a decade working in the creative industry. **I understand what it's like to spend long hours at a desk, miss workouts because life gets busy and believe that health requires time you simply don't have.**

That perspective completely changed when I discovered that **movement isn't about finding an extra hour**; it's about understanding how to move better throughout the day.

Today, I help busy professionals reduce stiffness, build strength and create sustainable habits through personalised coaching and workplace wellbeing programs.



K11 Certified Personal Trainer

NSCA India Certified Strength & Conditioning Specialist

A Small Investment in Movement. A Big Message to Your Employees.

When an organisation invests in employee wellbeing, it sends a powerful message: ***We care about you beyond your job description.***

Today's employees are not short on motivation. **They are short on time.** As workdays become busier, movement is often the first thing to disappear. Over time, stiffness becomes normal and many begin to believe that work is the reason they can't take care of their health.

ONYOMARK @ WORK helps change that. We don't ask employees to find more time. We help them discover that movement doesn't have to compete with work. It can become a natural part of their day.

The impact goes beyond fitness. **Employees feel less stiff, build healthier movement habits and stop seeing work as a barrier to their wellbeing.** More importantly, they feel supported by an organisation that genuinely cares about them as people, not just as employees.

Because the most meaningful wellbeing initiatives aren't remembered for a single workshop. They are remembered because they leave people feeling healthier, more confident and proud to work for a company that chose to invest in them.



Let's Start The Conversation.

Every workplace is different.

That's why every ONYOMARK @ WORK program is tailored to your team's size, goals and way of working.

Let's discuss how we can create a healthier, more active workplace together.

A simple text should suffice

WhatsApp : +91 91379 91105

