



EMS TRAINING AS A CORPORATE BENEFIT

HEALTHIER EMPLOYEES. HIGHER PERFORMANCE.
LOWER ABSENTEEISM.

www.bodypulsio.com

BODY PULSIO - EMS Studio, SKYY9 Centre

A sedentary work style is one of the main causes of health problems among office employees.

Most employees spend 7–9 hours a day sitting.

This often results in back pain, neck and shoulder pain, and overall fatigue.

These issues have a direct impact on work performance and concentration.

STUDIO **BODY PULSIO**





Impact of sedentary work on the company

Sedentary work is among the most common causes of sick leave in office-based professions.

Up to 60–70% of office employees regularly suffer from back or neck pain.

More than 40% of sick leave in administrative positions is related to musculoskeletal issues.

The average duration of sick leave due to back pain ranges from 14 to 21 days per employee per year.

These absences have a direct impact on productivity, work performance, and company costs.

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SOLUTION: EMS TRAINING

**EMS TRAINING REPRESENTS A MODERN AND EFFECTIVE
SOLUTION TO HEALTH ISSUES ASSOCIATED WITH SEDENTARY
WORK.**

Through electrical stimulation, deep muscle groups that are often neglected during conventional exercise are activated.

During a single session, the entire body works simultaneously without overloading joints or ligaments.

EMS training strengthens the deep stabilizing system and contributes to improved posture.

Regular EMS training leads to relief from back pain, neck pain, and muscular overload.

All of this takes place within just 20 minutes.

03



WHY EMS IS AN IDEAL CORPORATE BENEFIT

- **EMS training** is designed to fit into a standard working day.
- The time required for one session is only **20 minutes**.
- Training is conducted individually under the supervision of a **professional trainer**.
- EMS is suitable even for employees without prior sports experience.
- Thanks to gentle loading, the **training is safe** for joints and ligaments.
- Results are measurable after just a few weeks of **regular training**.





BENEFITS FOR EMPLOYERS

04

A

Introducing EMS training as a corporate benefit helps reduce employee absenteeism.

B

Healthier employees achieve higher work performance and better concentration.

C

EMS training represents a modern benefit that employees actually use.

D

EMS training contributes positively to building an attractive employer brand.

E

Investment in employee health prevention pays off in the long term through a more stable workforce.



COOPERATION OPTIONS

Level 1 – Referral program

The company may recommend EMS training as a partner health benefit for its employees.

Employees are entitled to a 15% discount on membership at the BODY PULSIO studio thanks to their employer.

This form of cooperation requires no financial contribution from the employer.

Level 2 – Corporate employee well-being program

EMS training can be included as part of the official employee benefits system.

The company may choose fully covered memberships or partial financial contributions.

The benefit can be adjusted based on job position, length of employment, or performance criteria.

EMS training thus becomes part of a long-term employee health care program.



INITIAL BENEFIT AT THE START OF COOPERATION

At the start of cooperation, the company automatically receives an initial benefit package.

The initial package includes 15 vouchers for a **FREE** introductory EMS training session.
The total value of these vouchers is CZK 8,850.

In addition, the package includes 4 full BODY PULSIO membership packages.
The total value of the membership packages is CZK 59,996.

The initial benefit is primarily intended for management, HR, and key employees of the company.

HOW THE COOPERATION WORKS

The entire program is designed not to burden the company's HR or management.

- BODY PULSIO handles all organization, communication, and administration.
- Employees make reservations through the booking system.
- The company has an overview of benefit usage without the need for detailed management.
- The program can be flexibly adjusted according to the needs and size of the company.
- The cooperation primarily takes place at the BODY PULSIO studio, with an option to extend it to on-site solutions.



WHERE AND HOW THE
TRAINING TAKES PLACE

BODY PULSIO

**EMS training takes place primarily at the professional
BODY PULSIO studio.**

**The studio meets high quality and safety standards
based on European practices.**

**The studio environment is comfortable and suitable
for corporate and managerial clients.**

This option is particularly suitable for larger teams or specific operational needs.

THANK YOU

Feel free to contact us for a non-binding consultation.

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