



FIFTYFIT_DXB – Corporate Mini-Conferences

Sport and Work Performance

A short, impactful corporate-focused mini-conference designed to enhance employee wellbeing, productivity, and long-term health.

Nutrition for High-Performing Minds

A short, impactful corporate-focused mini-conference designed to enhance employee wellbeing, productivity, and long-term health.

The Science of Sleep: Boosting Energy, Focus, and Recovery

A short, impactful corporate-focused mini-conference designed to enhance employee wellbeing, productivity, and long-term health.

Stress Management Through Movement and Breathwork

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Desk Athlete: Preventing Pain and Improving Posture at Work

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Building Sustainable Healthy Habits for Busy Professionals

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Life Style and Longevity

A short, impactful corporate-focused mini-conference designed to enhance employee wellbeing, productivity, and long-term health.

Best Food for Best Life

A short, impactful corporate-focused mini-conference designed to enhance employee wellbeing, productivity, and long-term health.

More Muscle, Less Fat

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Secrets of Successful Body Transformation

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Aging and Muscle

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Creating a Healthy Corporate Culture: Small Changes, Big Results

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