



## **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**

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## **Best Food for Best Life**

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## **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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