

NUTRIFYME · CORPORATE WELLNESS

Diet Camps that make your teams thrive

*An end-to-end nutrition and lifestyle program for the modern
Indian workforce.*

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Why nutrition at work is now a strategic lever

Sedentary jobs, long commutes, cafeteria carbs and cortisol have quietly become the biggest driver of absenteeism and healthcare spend in Indian companies. Employees complain of 3 pm energy crashes, growing waistlines, disturbed sleep and creeping lifestyle diseases. Traditional wellness perks — a gym here, a fruit basket there — barely move the needle.

A structured, dietitian-led nutrition program is a different animal. It works because it goes to the root — insulin resistance, circadian disruption and stress physiology — and delivers measurable improvements across energy, mood, weight and biomarkers in as little as 8 weeks.

ough the day, not just after coffee.

waist circumference, HbA1c, blood pressure and cholesterol.

bout food differently — with confidence, not confusion.

Diet Camp offerings for corporates

We design each corporate engagement as a bounded 6, 12 or 24-week Diet Camp. Below are the modules that companies typically mix and match. Every camp is anchored by a lead dietitian, supported by digital tools and, where relevant, by on-site clinic days.

Module	Focus outcome	Duration
Weight loss & metabolism	Waist reduction · energy	6-12 weeks
Diabetes & hypertension	HbA1c · BP · lipid profile	12-24 weeks
Women's health & PCOS	Cycles · hormones · fatigue	12 weeks
Gut health & stress	Bloating · sleep · mood	6 weeks
Executive nutrition	Focus · performance · sleep	12 weeks

Investment and package options

Every camp is quoted based on cohort size, module mix, delivery format and duration. Below are our standard starting points; a customised proposal is prepared after a 30-minute discovery call.

Package	Cohort size	Duration	Starting from
Essentials	25 employees	6 weeks	■ 3,00,000
Growth	50 employees	12 weeks	■ 7,50,000
Enterprise	100+ employees	24 weeks	On request
Executive add-on	up to 10 leaders	12 weeks	■ 4,50,000

Next steps

If you would like to explore a Diet Camp for your team, the next step is a 30-minute discovery call. We use this conversation to understand your workforce, hear about existing wellness initiatives, and jointly shape the right camp structure.

Please reach out at +91 95454 05936 or hello@nutrifyme.in. We typically confirm a discovery call within two working days.

1 95454 05936 to schedule a 30-minute conversation with