

# INNOVATION IN WELLNESS

We believe innovation is redefining fitness and wellbeing-creating smarter, more dynamic spaces to move, recharge, and thrive.

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# INNOVATION THAT MOVES PEOPLE

## WELLNESS WITH PURPOSE

In today's hybrid, high-performance work culture, wellbeing is no longer a perk – it's a strategic priority for forward-thinking organisations. At 3d Leisure, we curate and manage fitness and wellbeing spaces that energise teams, reduce stress and build resilience.

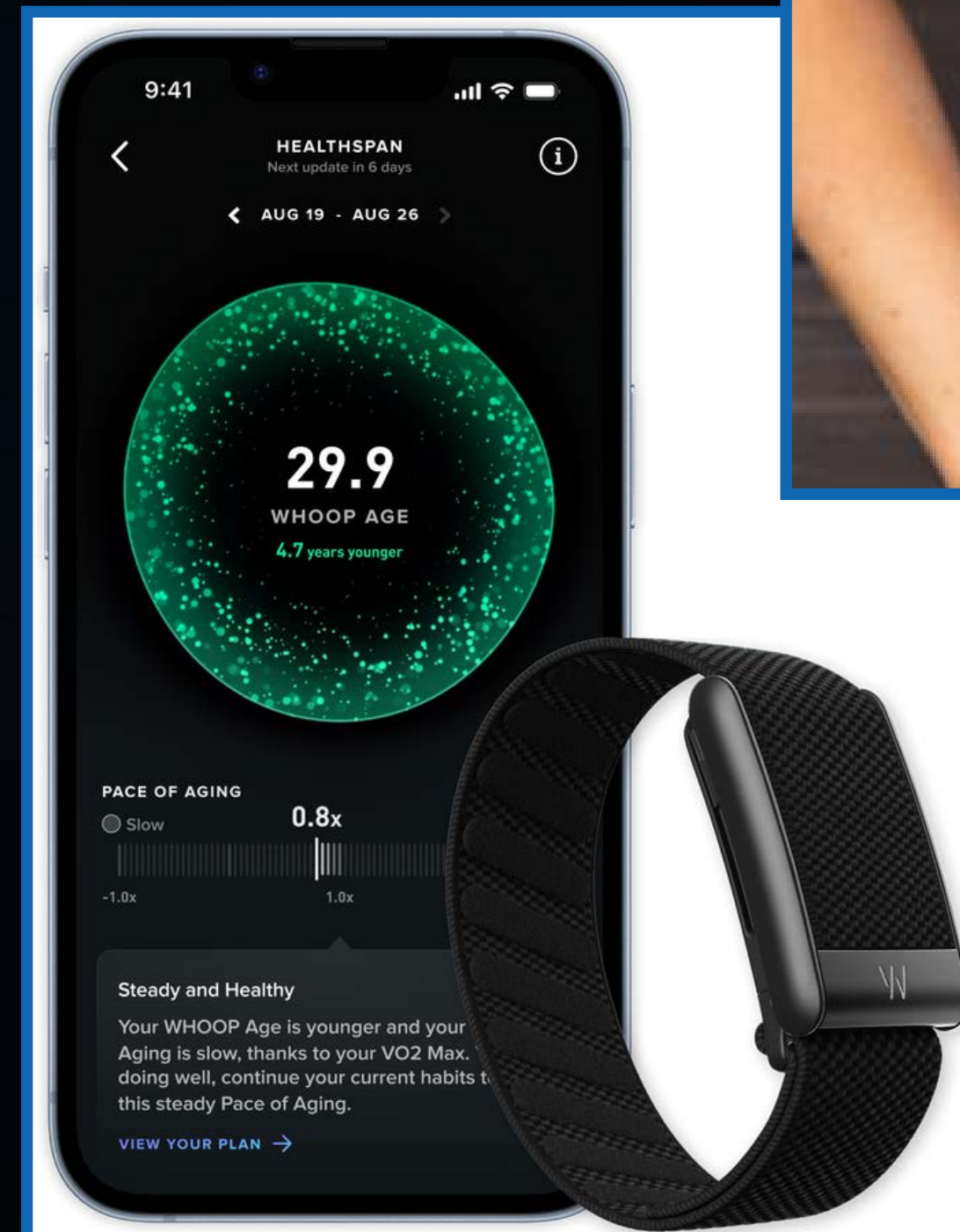
This guide highlights the most exciting innovations shaping the future of movement, recovery, and mental fitness – designed to meet the evolving needs of corporate environments and the people within them.

# HYPER PERSONALISATION THROUGH AI & WEARABLES

## SMARTER DATA, SHARPER WELLBEING

Personalised wellness is transforming how individuals engage with their health. AI-powered wearables offer real time insights into heart rate, recovery, sleep and nutrition, helping users make informed choices and stay motivated.

**CORPORATE BENEFIT:** Boosts participation supports and enables data driven wellbeing strategies.



### FEATURED PRODUCTS:

- **Myzone** – gamified heart rate tracking for group motivation.
- **Whoop** – advanced recovery and strain analytics.
- **Polar** – versatile wearables with sleep and training insights.

# CONNECTED FITNESS ECOSYSTEMS

## INTERACTIVE WELLNESS, ANYWHERE

Digital fitness ecosystems combine hardware, software and AI to create immersive, feedback driven experiences. Virtual trainers, and adaptive resistance machines deliver personalised coaching and synced progress tracking- ideal for hybrid teams and all fitness levels.

**CORPORATE BENEFIT:** Scalable, inclusive and engaging. Perfect for modern workplace wellness hubs.



### FEATURED PRODUCTS:

- **Virtual Trainers** – adaptive workouts based on user data.
- **Digital Resistance Machines** – precise, trackable strength training.

# RECOVERY & WELLNESS AS A CORE, NOT AN EXTRA

## RECHARGE TO PERFORM

Recovery is becoming central to how organisations support performance and prevent burnout. From targeted massage tools to infrared light, these solutions accelerate muscle repair, inflammation and enhance mental clarity.

**CORPORATE BENEFIT:** Improves retention, reduces absenteeism and makes recovery a natural part of the workplace experience.



### FEATURED PRODUCTS:

- **Red Light Therapy** – cellular repair and mood enhancement.
- **Theragun** – deep tissue massage for post workout recovery.
- **Compression Therapy** – aids muscle recovery and eases fatigue.

# MENTAL FITNESS & EMOTIONAL RESILIENCE

## MINDFUL MOVEMENT FOR MODERN WORKFORCES

Mental fitness is rising to the top of corporate wellbeing agendas. Practices such as sound baths, breathwork and meditation help regulate stress, sharpen focus and build emotional resilience. These modalities support cognitive performance and encourage a culture of psychological safety.

**CORPORATE BENEFIT:** Promotes emotional reset, inner strength and a more balanced way to work.



### FEATURED PRODUCTS:

- **Sound Baths** – deep relaxation and nervous system reset.
- **Breathwork & Meditation** – emotional regulation and clarity.

# BODY COMPOSITION FOR HEALTH & PERFORMANCE

## KNOW YOUR NUMBERS, OWN YOUR PROGRESS

Body composition technology provides a science-based overview of physical and functional health. It assesses cognitive and physical performance to indicate a 'wellness age', and delivers deeper, actionable insights into overall wellbeing.

**CORPORATE BENEFIT:** Promotes emotional reset, inner strength and a more balanced way to work.



### FEATURED PRODUCTS:

- **Body Composition Machine** – reveals a 'wellness age' and deeper health insights through advanced testing.
- **3D Body Scanners** – highlight progress through full-body imaging and posture analysis.

# SUSTAINABILITY & ETHICAL WELLNESS

## WELLNESS THAT'S GOOD FOR PEOPLE & THE PLANET

Today's health-conscious employees care about environmental impact. Sustainable solutions such as energy generating equipment and eco conscious design align with corporate ESG goals while inspiring participation. Ethical wellness is not just responsible. It is magnetic.

**CORPORATE BENEFIT:** Supports ESG reporting, attracts talent and builds brand credibility.



### FEATURED PRODUCTS:

- **Energym REGEN Bike** – converts workouts into clean energy.
- **Eco Flooring & Materials** – low impact, high performance design.
- **Green Studio Concepts** – natural light, air purification & biophilic design.

# OTHER INNOVATIVE TOOLS

## EXPANDING THE TOOLKIT

These additional products provide tech-forward, adaptable solutions to support movement, strength and recovery – ideal for flexible teams and diverse workstyles.

**CORPORATE BENEFIT:** Extends wellbeing access through customisable formats and high-engagement technology.



### FEATURED PRODUCTS:

- **Supernatural VR** – Immersive mindfulness and energising movement experiences.
- **Digital Functional Trainers** – AI-guided multi-exercise stations delivering versatile strength and mobility training.
- **Smart Recovery Pods** – compact relaxation stations with vibration or light therapy for stress relief.

# SHAPE THE FUTURE OF WORKPLACE WELLBEINGS

## INNOVATION IS JUST THE BEGINNING

At 3d Leisure, we don't just manage wellness spaces- we help organisations create environments where people feel supported, invigorated, and perform at their best.

Whether you're refreshing an existing facility or launching something new, our team is here to guide, design and deliver. From strategy to setup, we bring innovation to life in ways that are practical, scalable and tailored to your culture.



# LET'S EXPLORE WHAT WELLNESS COULD LOOK LIKE FOR YOUR ORGANISATION

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