

# The Complete AMGD+ Corporate Lifestyle in the New Normal

AMGD+



# Your Corporate Nutrition + Fitness Lifestyle

Pre-COVID, employee benefits often encompass medical, dental and insurance. But since the pandemic, according to Levi's CEO Chip Bergh, more than 25% of consumers have a new size compared to before the pandemic. A Harris Poll survey also found that 61% of US adults' weight fluctuated in the past year, with an average weight gain of 29 pounds. The growing weight gain and mental health is not only harming your employees' health outcomes - it's also hurting your business.

In the new normal, employees are increasingly aware to eat healthy foods. Workplace wellbeing can be one of the most effective ways to build your culture, retain talent, and support your workforce in their everyday success.

Discover how a multi-faceted approach to promote nutritional wellness and physical activity can support long-term organisational success and strengthen team dynamics. Meals can be delivered whenever and wherever they are. Exercise routines can be established. Employees can access a variety of tools and resources even when working from home.

It's time for employers to create a corporate lifestyle for a healthier and more productive organisation. We help your company design your corporate lifestyle in the new normal all through one platform and help you build your teams in and out of the office.

# **We make your job easier**

## **Welcome to the modern workplace management**

- Suitable for HR, Office Admins
- You choose your package. We do the work and curate.
- A single vendor for all your staff lifestyle needs - from staff meal programmes, pantry management, staff gifts, team building activities, fitness workouts and virtual runs.
- Personalise your company run powered by Asia's largest night run, Sundown Marathon
- Join 100+ companies to stay healthy + fit in the new normal for your business success
- AMGD+ has powered more than 1 million in Singapore to eat healthy and stay active



# AMGD+ Corporate Lifestyle



## Catering Personalised

Find your own perfect menu.  
#everyonehasachoice



## CZ Dessert Boxes

The perfect gift to staff  
or clients for any occasion.



## Gym Lifestyle

Transform your office or home into  
fitness solutions for your employees.



## Remote teams

The best of AMGD delivered to  
multiple locations for any occasion.



## Pantry Stock Up

Stock up your office pantry with  
delicious and nutritious snacks.



## Corporate Virtual Run

Powered by Sundown Marathon  
Asia's largest Night Marathon.



# AMGD+ Corporate Lifestyle \*per employee



THE GYM POD

CUSTOMISE YOUR COMPANY RUN  
POWERED BY SUNDOWN MARATHON



# AMGD+ Power Lifestyle

\*per employee/month

## Package A

### Scorecard

5 x meals/month  
5 hrs x Gym Pod sessions  
1 x Virtual Group  
Workout/month

\*per employee/month

<15 staff	\$200/pax
<50 staff	\$180/pax
^<100 staff	\$170/pax
#>100 staff	\$150/pax

## Package B

### Scorecard

10 x meals/month  
*Personalised Nutrition Service*  
10 hrs x Gym Pod sessions  
1 x Virtual Group  
Workout/month  
1 x pantry stock-up

\*per employee/month

<15 staff	\$350/pax
<50 staff	\$330/pax
^<100 staff	\$320/pax
#>100 staff	\$300/pax

## Package C

### Scorecard

20 x meals/month  
*Personalised Nutrition Service*  
20 hrs x Gym Pod sessions  
2 x Virtual Group  
Workout/month  
1 x pantry stock-up  
1 x company run

\*per employee/month

<15 staff	\$750/pax
<50 staff	\$730/pax
^<100 staff	\$720/pax
#>100 staff	\$700/pax

#### Legend:

^ 1 free exercise classes + 1 nutrition webinar

# 2 free exercise classes + 2 nutrition webinars

# AMGD

***Feel Good After Food***



AMGD stands for *Ahhmahgawd!* and is how good we want you to feel after eating our *Ahhmahzing* meals where our menu is created by data and food production enabled by technology. We provide healthy food solutions from the moment you wake up till before you sleep so your employees have the right fuel and nutrition to operate at high performance. Leading a healthier lifestyle has never been easier.

# The Gym Pod

*Better. Healthier. Happier.*



We are an industry leader in FitTech, experienced in creating smart solutions for businesses and customers. With our expertise, we'll help you transform your unutilised office space into fitness solutions for your employees to make use of. Give your employees the right tools to stay physically fit and receive the benefit of lower healthcare costs and more efficient employees.



# Sundown Marathon

*Asia's largest Night Marathon*



Sundown Marathon was created in 2008 as part of a unique training programme for ultra-marathons that require running through the night. Since then, Sundown Marathon became Asia's largest night marathon. Give your employees the right tools to stay physically fit with Virtual Runs and Marathon Webinars. Enforce the importance in keeping fit and healthy for a more efficient workplace.

# CZ Bakery

*Baked with Love*



**CZ Bakery provides healthier dessert boxes and bakes for all occasions.**



# Beehiiv

***Healthier Street Food***



Beehiiv specialises in healthier sandwiches, refreshing drinks and cold brews suitable to be consumed all day.



## Start AMGD+ Corporate Lifestyle

Speak to a corporate lifestyle expert today



For Enquiries & Orders : [sales@amgd.sg](mailto:sales@amgd.sg) | +65 6397 5158

