

# WEIGHT WATCHERS KENYA LIMITED

The Weight Watchers Kenya Limited Company started operating in June 2015 as a wellness company offering nutrition and fitness programs both at personal and corporate level. We use lifestyle approach to manage and prevent sedentary conditions. The center also runs a community outreach organization called Fit And Health Generation Kenya with an aim of seeing a World Free of Non Communicable Diseases.



## CONTACT US

MOBILE: 0720482670

EMAIL: [INFO@WEIGHTWATCHERS.CO.KE](mailto:INFO@WEIGHTWATCHERS.CO.KE)

WEBSITE: [WWW.WEIGHTWATCHERS.CO.KE](http://WWW.WEIGHTWATCHERS.CO.KE)

FACEBOOK: WEIGHT WATCHERS KENYA LTD

INSTAGRAM: WEIGHT\_WATCHERS\_KENYA

*WEIGHT  
WATCHERS  
KENYA*



Weight watchers Kenya grew from a social media group that used to create awareness on importance of wellness ; being physically active and eating a healthy diet to a limited company. WWK offers services like Zumba, nutrition , corporate wellness, personal training, monthly hikes, team building , virtual fitness programs, swimming classes, indoor and outdoor bootcamps , sports activities ,





## Services: Nutrition Department

Nutrition therapy  
Nutrition Assessment  
Seminars, trainings and workshops  
Maternal and child nutrition  
Diet Kitchen  
Cooking classes  
Sports nutrition management  
Cooperate/institution nutrition services

## Services: Events Department

Fitness Challenges  
Hikes  
Team buildings  
Dance fitness  
Sports/Fun days  
Themed events  
Health-camps

## Services: Fitness Department

Corporate/institution wellness  
Personal training  
Indoor studio program  
Zumba-Rumba/Dance fitness  
Daily Outdoor fitness training  
Fitness and sports consultancy  
Aqua aerobics  
Swimming classes/coaching  
Boot camp

# Clientele:

- Baraka Foundation
- CBK Pension
- KCB-Hurlingham plaza
- Mhasibu SACCO
- East Africa Reinsurance
- Sidian Bank –Kilimani
- The World Bank
- I & M Bank Head Office
- DTB Bank—Head Office
- GBS—Station
- Brook House School
- Braeside School
- International Rescue Committee
- Hollows Foundation
- Kenya Children’s Home
- Better Living Centre
- Danone
- M-kopa Solar
- BOMA Hotel Hospitality Institute
- Savannah Cement
- Norvatis-Sandoz Ltd
- Pargamon Group Ltd
- Du-point Ltd
- The Action Foundation Kenya
- Standard Group
- Tala
- Citam Woodley
- Aids Health Care Foundation
- Merlin Court
- OML Ltd
- Cloud Factory
- Apex Coating Ltd
- Critical Mass Nairobi
- KEMRI
- PCEA –Runda & Kasarani
- Fit And Healthy Generation KE
- Kirt Tv
- GBS Station
- Weetabix EA
- Panari Hotel
- Central Glass
- 

