

# Working in a health and wellness company



**ASSIGN  
BUSTER**

I have worked as a consultant for a wellness company called Body Shop for about five years. In this job, I would perform different tasks such as providing the clients with the information they may need in order to improve their health and wellness conditions. Health and wellness issues vary from place to place so in my company, I mainly specialised in researching about pertinent issues that can be used to improve the health of the people. As a consultant, I played a significant role in teaching people about the correct diet they should follow so that they can build and maintain healthy bodies. Problems such as obesity can be attributed to the element of poor diet where individuals consume more of a particular type of food that is mostly rich in fats. Therefore, I would advise the clients on the proper measures they can take in order to overcome this problem. As a consultant, I would also facilitate in updating membership information as well as receiving payments for various services from the members of the club.

Apart from advising the clients about the measures they can take in order to improve their health, our company also specialised in offering training sessions to the clients so that they can improve their wellness. Our company has specially designed facilities that are meant for training and development in a bid to improve the physical fitness of the clients. The company has a gymnasium that is equipped with state-of-the-art equipment that can be used by the clients for all their requirements in carrying out physical exercises. The company also has sporting grounds where the clients can engage in sporting activities such as cycling, athletics, soccer and basketball. Our company has a strong orientation towards sporting activities since we believe that it is very important in the health and welfare of the people. The company encourages members to form teams and it often sponsors

tournaments as a way of motivating the targeted people to take an active role in sport.

The company also offers herbal solutions that can be used to improve health and wellness of different people. One important aspect about the company is that it specialises in using natural solutions to address the health concerns of the people. The company has a staff complement of about 30 employees and it operates three branches in the Kent area. The company has a competitive advantage in that it offers unique products that are not matched by the other products and services offered by other companies. This helps the company to gain a competitive edge against other competitors in the health and wellness industry. The company has a steady flow of revenue from its operations. The annual revenue for the company is about \$800 000 and it has a considerable market share of about 25 %. This is quite a good figure given that the company is better positioned to operate viably from the revenue it generates.

Overall, working in a health and wellness company has improved my knowledge in this very important aspect of our health. In as far as the operations of Body Shop are concerned, it can be safely said that the company has a competitive advantage over other rival competitors in the same industry by virtue of offering unique products and services. This strategy has helped the company to attract as many clients as possible in its operations. I have also realised that many people are seriously considering important issues that affect their welfare and this is the reason why the company has been in a position to attract many people in its operations.