

Healthy Nation: Wellness For All

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Located amidst the serene environs of Independence Avenue in Colombo, the Olympia Wellness Studio is a wellness facility that brings the very latest in health and fitness to the citizens of Colombo. Roshan De Silva, Managing Director of Olympia Wellness explains the facility's concept of 'Wellness for All', which aims to make the path to wellness accessible to all members of society, regardless of age or status.'

By Ayesha Inoon

"Since the end of the war people have been able to focus more on health and wellness," says Roshan De Silva, adding that we have moved from a time when fear and uncertainty prevailed, to one where we can enjoy the beauty of our city with and concentrate on our personal wellbeing. "Thanks to our Defence Secretary Mr Gotabaya Rajapaksa, a clean and pleasant city is emerging," he says, "and many

can now go for walks or jogging in this beautiful environment.”

Amidst this atmosphere of renewed hope Olympia Wellness Studio offers a number of programmes for the health conscious to enhance their wellbeing. Programmes range from weight loss, cardiovascular conditioning, body sculpting and body caring to sports strengthening and are tailored to address the requirements of professional athletes as well as ordinary men and women. An extensive range of packages are available to meet the needs of various individuals, including full time membership, senior citizen wellness plans, well woman plans, family wellness packages and corporate wellness packages. These are all reasonably priced considering the quality of the facilities and services provided, says Roshan De Silva. The Studio is open throughout the year, including weekends and holidays, enabling clients to plan their schedules to their utmost personal convenience.

Wellness programmes are often tailor-made to suit individual requirements in concurrence with the client's doctor, he says, citing a recent patron with Alzheimer's disease who benefitted greatly from the exercise programme followed at Olympia. A complementary session with a Clinical Nutritionist at the outset helps to define one's fitness goals as 'wellness' is not merely attained by physical exercise but also by proper nutrition and lifestyle. Furthermore, the facility boasts of world-class equipment from Technogym, giving Sri Lankans the opportunity to work out on the same equipment as that used by celebrities and athletes the world over.

The staff at Olympia Wellness Studio are committed to their clients, says De Silva giving personal attention during workouts, encouraging them and motivating them to continue on their journey to fitness despite challenges such as time constraints or self-doubt. They are trained to provide a high level of professionalism and quality service, he adds, remarking on the need for a benchmark for trainers in the country which has been met by the Certification course for professional trainers recently begun by the Sri Lanka Foundation Institute. The trainers at Olympia Wellness Studio are also in the process of getting this certification.

In its journey to play a key role in the nation's journey towards better health and fitness, Olympia Wellness Studio also plans to introduce a Wellness Kids' Programme and to work together with schools and the Ministry of Health in

implementing this, says De Silva. In addition, the Studio provides young sportsmen and women of the country who are engaged in sports such as Tae kwon do, Wushu and Weight Lifting, with services free of charge while assisting those who have been affected by sports injuries. They are also proud to be providers of both direct and indirect employment, by giving clients the option of bringing along their own personal trainers for their sessions.

Olympia Wellness Studio is also involved in sponsoring various sports segments such as Tae kwon do, weightlifting and Karate to name a few. Furthermore, they also sponsor many persons from the Athletic Federation and SL Navy while they gave their support to the 2008-2009 Guinness record attempt of a 24 hour treadmill run.

Achieving a healthy, progressive society is a goal that must be met not only by the Government sector but also by the private sector and individuals, says Roshan De Silva, confirming the continued commitment of Olympia Wellness Studios in accomplishing the dream of a healthy nation where wellness is enjoyed by all.