



FITNESS | FURNITURE | LEISURE & WELLNESS

2026



## MISSION

To provide innovative products & services in leisure and wellness.

## VISION

To be an industry leader in development and supply of innovative products & services.

## TRENDS

The global wellness industry is growing rapidly, with increased demand for holistic health services, personalized fitness programs, and outdoor activities. Residents of luxury apartments for example expect premium amenities, including state-of-the-art fitness facilities, as part of their lifestyle.

## ABOUT US

Solutions To Exercise Through Life LTD., together with its sister company Pippa's Health Centre LTD., proudly stands as a pioneer in the fitness and wellness industry in Ghana. For over 25 years, we have been dedicated to advancing health and well-being across West Africa.

Our mission is to lead with innovation—introducing fresh ideas, world-class products, and effective methods that inspire lasting change. We embrace challenges, anticipate shifts in the industry, and remain committed to staying ahead of the curve.

Our passion goes beyond trends. We are driven by a deeper purpose: to empower people to live healthier, happier, and more purposeful lives—fulfilled in mind, body, and spirit.

## OUR MARKET

Solutions To Exercise Through Life LTD. has been consulting, maintaining and supplying high-end fitness services in West Africa for Over 20 Years.

We have over 250 clients in hospitality, foreign service, residential, Government Entities, corporations & private individuals.



## HOSPITALITY

- Accra City Hotel
- Achimota Golf Club
- African Regent Hotel
- Airport View Hotel
- Alisa Hotel
- Bioko Treats
- Bistro 22 Restaurant
- Esther's Hotel
- Fiesta Royale & Residence Hotel
- Golden Tulip Hotel
- Hallmark Café
- Hansen Court
- Holiday Inn Accra
- Holy Trinity Health Farm
- Honeysuckle
- Ibis Style Hotel
- Kempinski Hotel
- Kwae Terrace
- La Palm Royal Beach Hotel
- La Villa Boutique Hotel
- Labadi Beach Hotel
- Movenpick Hotel
- Oak Plaza Hotel
- Pate a Choux
- Patisserie Therapie
- Peduase Valley Resort
- Planter's Lodge
- Polo Beach Restaurant
- Pomona Restaurant
- Protea Hotel - Takoradi
- Radisson Blu - Niger
- Radisson Blu - Sierra Leone
- Ridge Royal Hotel - Cape Coast
- Royal Senchi Resort
- Sage Restaurant
- San Marino Hotel
- Sheraton Hotel - Abuja
- Sunlodge Hotel
- The African Regent Hotel
- The Elm Café
- The Olive Garden
- The Orange Tree
- The Polo Club & Restaurant
- Till's Beach Resort
- Volta River Chalets
- Four Points by Sheraton
- Bank of Ghana

## RESIDENTIAL BUILDINGS

- Altitude Apartments
- Arabella Homes
- Astoria Place
- Aura Apartments
- Aurora Apartments
- Avenue Lincoln
- Beaufort Ridge
- Carl Mutt Residence
- Conakry Residence
- Denya Ringway
- Denya Tribute House
- Diamond In City
- Eagles Lodge
- Eagles Residence
- Giffard Park
- Greenviews 1 & 2
- Hamlet's Nest
- Infinity Apartment
- Iris Apartment
- Jewels Of The Ridge
- Kekeli's Apartments
- KLAFGO 6 LTD
- Kontopiat
- Landmark - The Madison
- Octavia 154
- Primrose Apartments
- PZ Gardens
- Regimanuel Gray Estate
- RNA Studio Apartment
- Sapphire Court
- The Alexander
- The Cavendish
- The Palms By Eagles
- The Signature Apartments
- Vanguard Heights
- Villagio Primavera

## PRIVATE CLIENTS

- Ashesi University
- British High Commission
- Flag Staff Residence
- Kingdom of Morocco Delegation
- President Obama Delegation
- President Bush Delegation
- US Embassy Ghana
- US Embassy Senegal
- US Embassy Burkina
- VP Residence

## CORPORATE CLIENTS

- Aden Service - Guinea
- African Minerals LTD.
- Anglogold Ashanti Goldfields
- Bank of Ghana
- BMS Spa & Gym - Lagos
- Ecobank
- ECOWAS Bank LTD.
- Ghana Armed Forces
- Ghana Gas Park
- GHIPSS
- Glico
- GNPC - Takoradi
- Go Offshore
- Goldfields LTD.
- HSF Wellness Nigeria
- Ikoyi Club Nigeria
- MTN Ghana.
- Newmont Gold Ghana LTD.
- NLNG Mining Nigeria LTD.
- Pippa's Health Centre LTD.
- QG Construction
- Right To Dream Football Academy
- Saipem Nigeria
- Sienna Services
- Tullow Oil Ghana LTD.

# OUR CLIENTS

Four Points by Sheraton Gym



Pippa's Gym



Giffard Park Gym



Labadi Beach Hotel Gym



# OUR CLIENTS

The Diamond In City



The Conakry Residence



## OUR CLIENTS

Hamlet's Nest Town Houses

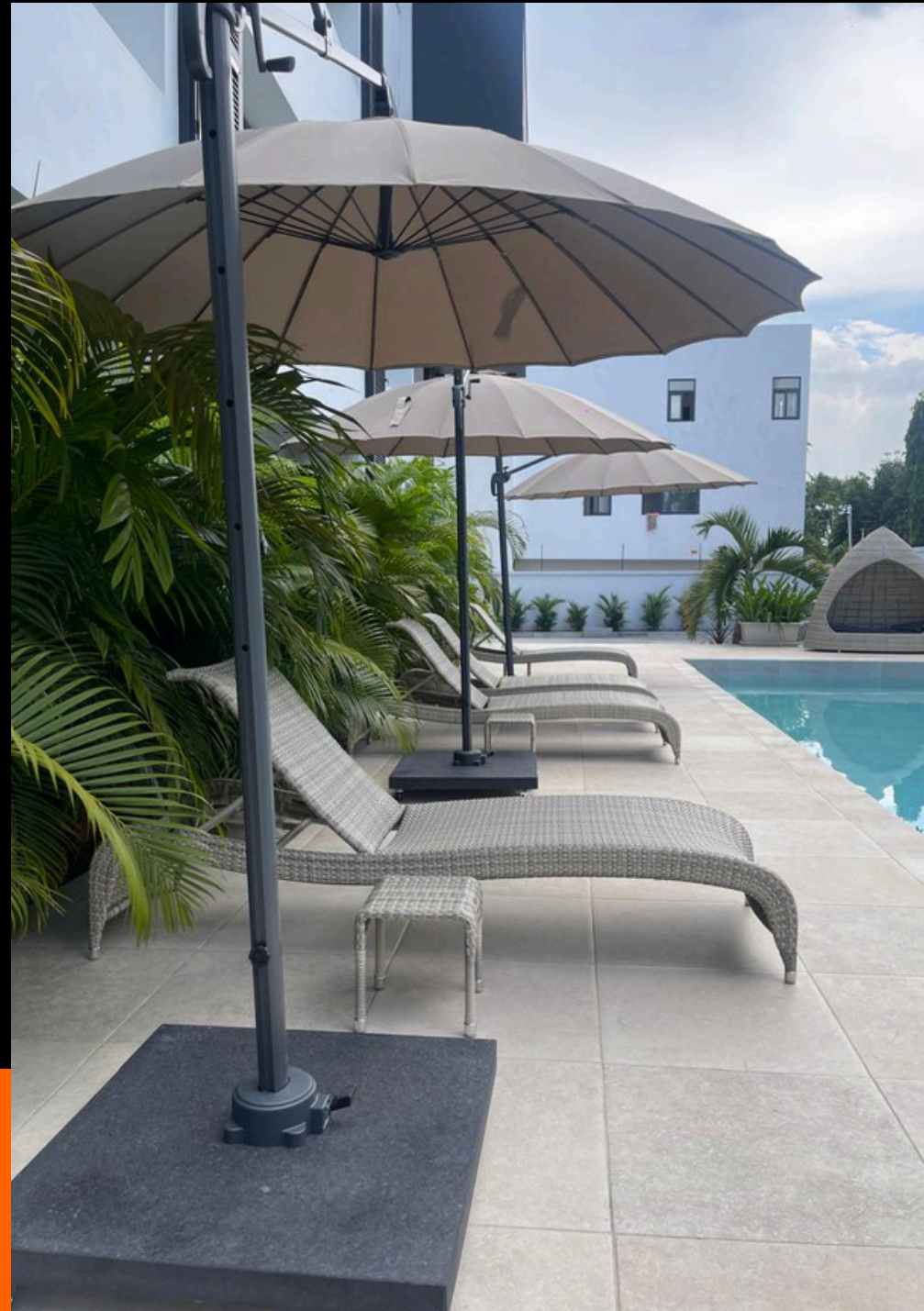


Octavia 154 Residence



# OUR CLIENTS

The Conakry Residence



Polo Club Restaurant



Achimota Golf Club



# OUR CLIENTS

Labadi Beach Hotel



# OUR CLIENTS

Till's Beach Resort



The Royal Senchi Resort



# OUR SERVICES

## Online Webstore

- Browse and shop premium fitness equipment, outdoor furniture, and accessories with ease.

## Consultation & Design

- Expert 2D (Standard) and 3D facility layout and planning to bring your vision to life.

## Product Selection & Layout

- Tailored recommendations to optimize space, function, and aesthetic appeal.

## Facility Management

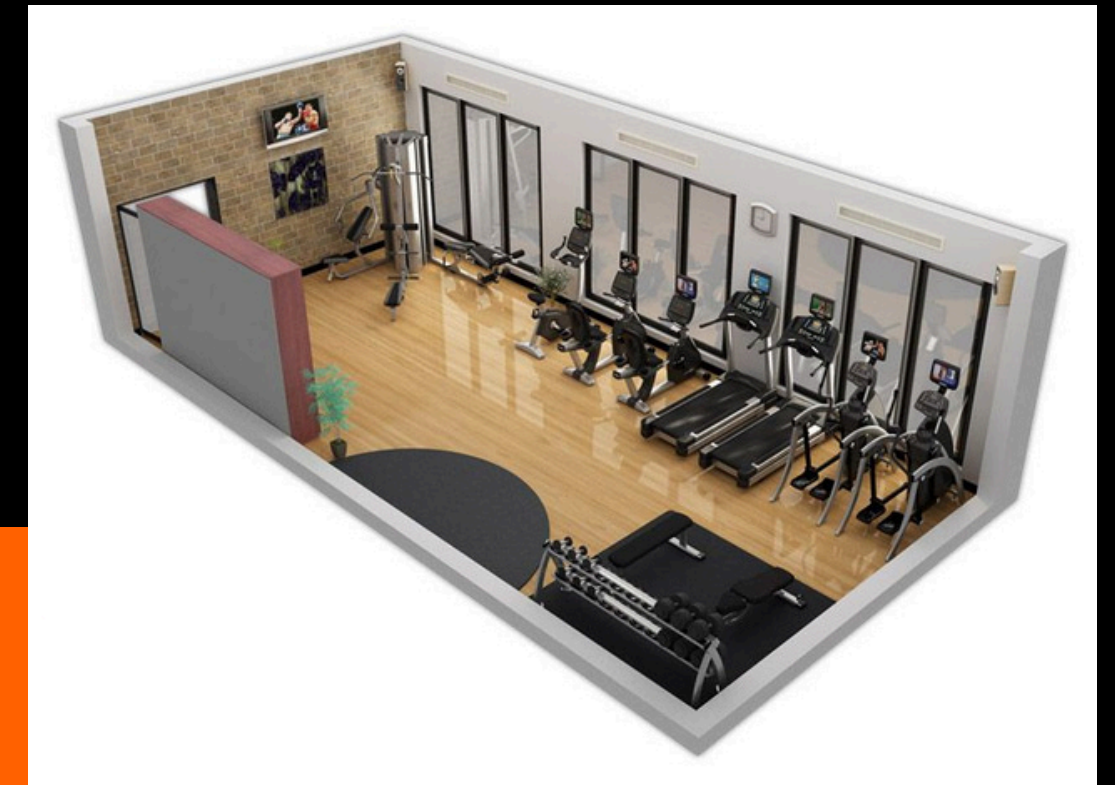
- Comprehensive management solutions powered by Pippa's Health Centre.

## Supply & Installation

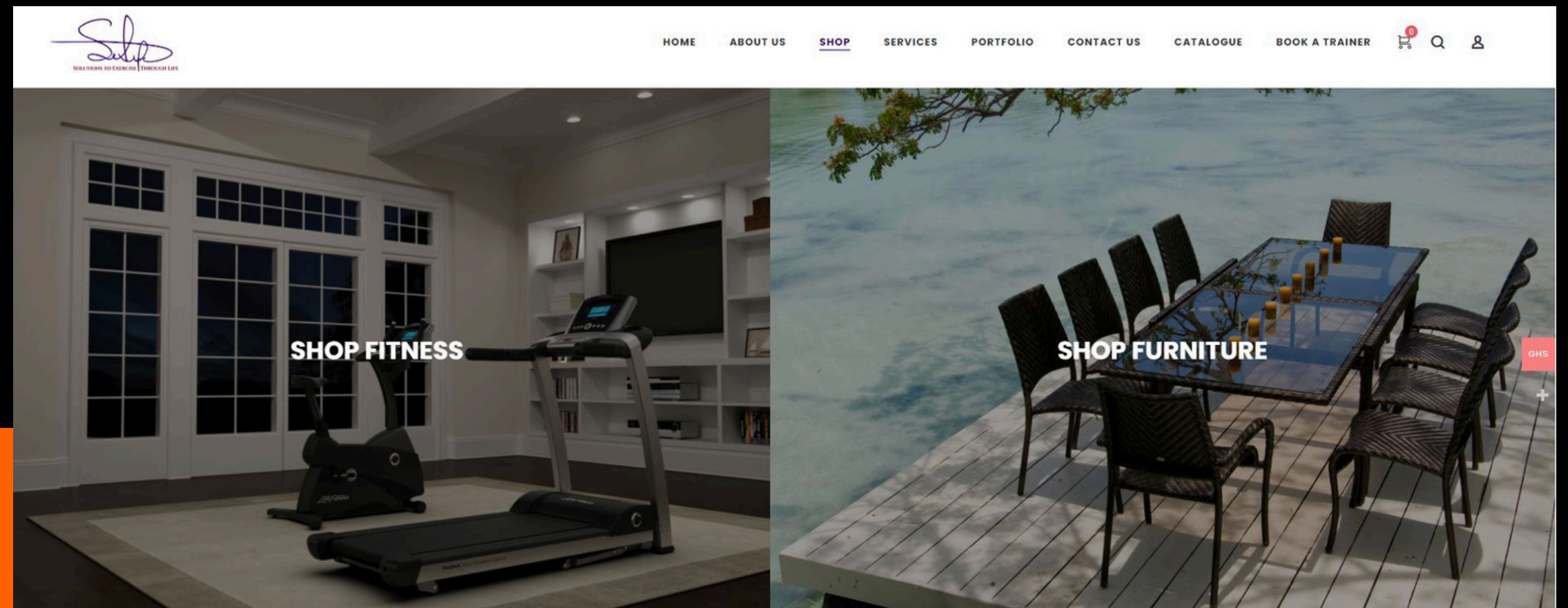
- Commercial & Home Fitness Equipment
- Outdoor Furniture
- Sports Facility Equipment
- Outdoor Gym Equipment
- Games & Recreation Installations
- Gym & Spa Accessories
- Personal Training Services
- Professional guidance for optimal fitness outcomes.

## After-Sales Support & Spare Parts

- Ongoing support including technical diagnostics, servicing, maintenance, and spare part supply.



3D Rendering



Shop Online

# Our Brands

For over 20 years, S.Ex.Life LTD has earned a strong reputation for delivering premium products and exceptional service across West Africa.

Our commitment to trusted international brands lies at the core of our business. We foster long-standing relationships with reputable suppliers and remain dedicated to offering our clients high-quality, durable, and aesthetically refined solutions.

You are our priority. Your satisfaction, the strength of our relationship, and—above all—your trust in us to deliver unmatched value and return on investment are what drive us. That is our true pride.

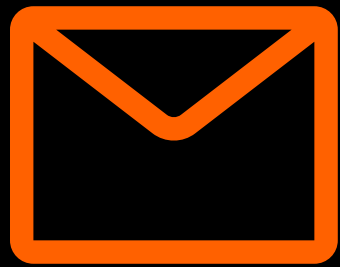


ALEXANDER ROSE





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