

INSPIRE

Improving your results



THE NEXT STEP

Once you know which areas need improving, we then offer you a range of steps you can take to improve on your results.

MAKE IT FUN

Working together with colleagues to achieve your goals is both fun and incredibly motivating.

INCENTIVES

Whether you're incredibly fit or generally fairly inactive, incentives will be offered to help motivate you and reward you for adherence to the Well Being Programme

Be Inspired



The [World Health Organisation](#) describes health as 'a state of complete physical, mental, and social well-being'.

Following your assessment and consultation, our goal is to inspire every employee to improve all three of these areas - by working together and creating fun and social health and fitness goals.

Making it fun

We can suggest a range of individual and Company incentives to inspire you and your colleagues to be more active and help encourage each other to adopt a healthier lifestyle. Just some of the ideas we have suggested over the years include:

Steps challenge - We provide every employee with a Garmin Vivofit fitness tracker and the challenge is laid down to see how many steps you can do in a month. Working in teams or as individuals, the competitive nature of this challenge and the friendly banter, makes its a fun and team building challenge.

Personal Goals - If you have a personal goal you aspire to do, we're here to help you achieve it. Whether it's to run a half marathon, cycle 100 miles or lose a stone, we can offer our 20 years of personal training experience to advise you how to best go about it.

Strava art - [Strava art](#) is a fun, artistic and now competitive way to run or cycle. Regardless of fitness, every employee can give this challenge a go - with the winner being announced at the end of every month.