



Getting personal with wellness

Employers continually strive for a healthy workforce who are physically and mentally capable of working in a safe and productive manner. Taking responsibility for employee health is vital to achieving this goal.

Although some companies are fortunate enough to offer onsite fitness facilities, this is not logistically possible for all companies –so what alternatives exist to promote physical wellbeing to your workforce?

Sometimes knowing where to start is the biggest hurdle, what equipment to use and how to use it seems like a daunting task or being stuck in a fitness plateau can dissolve motivation.

The challenge

To encourage employees at all different levels of fitness –from beginner to athlete –to get more active and improve their fitness.

Our solution

As part of our corporate health and wellbeing services we structured an onsite day which offered employees an opportunity to meet with a

wellness coach at no cost to themselves.

This onsite service was conducted as a mix of pre-booked individual appointments, a drop-in clinic and topical lunchtime presentation.

Healthoutfit's team of wellness coaches are registered with REPS (Register of Exercise Professionals) and qualified to Level 3.

This means they have in depth knowledge of anatomy and physiology, along with extensive training in a wide-range of physical activity areas. They can offer advice, create workout programmes, assist with injury or rehabilitation, design weight-loss specific workouts and provide generic nutritional advice.

The result

A professional, convenient service delivered to your workplace to guide, train, supervise and motivate your workforce toward their fitness goals.

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'The wellness coach was really good at listening, helpful and motivational, he gave me great tips without being patronising or unrealistic. Thanks so much!'

"You get a new perspective from an independent source."

"Provided me with answers to the training questions I had."

"Provided me with exactly the level of detail I needed (just basic cardio and weights workout for a complete novice). Kept it simple but provided a few important guidelines"

"The wellness coach was very knowledgeable and gave me some good advice regarding my fitness objectives. "

Find out more

For more information please email info@healthoutfit.co.uk

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