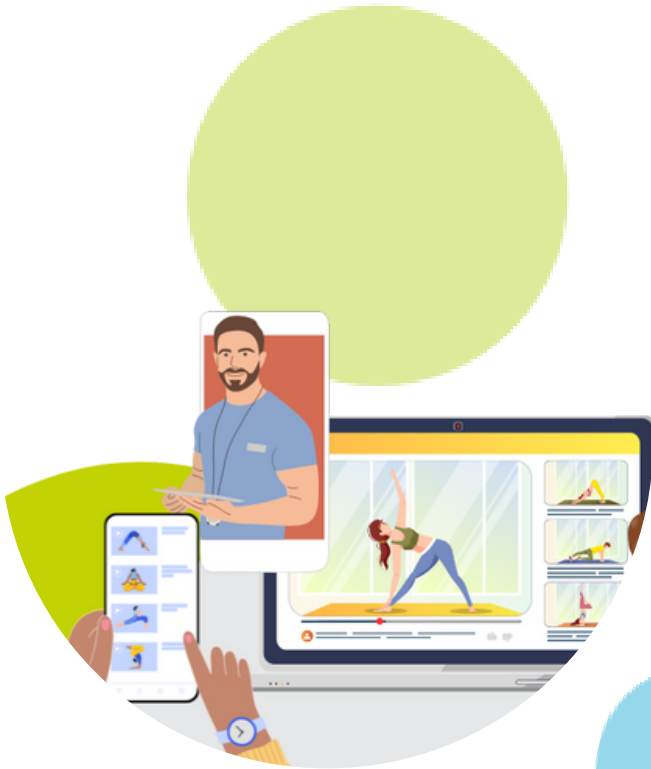


Extraordinary health from hire to retire



healthoutfit



Who we are...

We specialise in helping companies improve their health through effective employee engagement programmes. We are a trusted partner, delivering better outcomes for our clients' employees and tangible results for the bottom line.

Our client base ranges from local companies with 250 employees to international giants with more than 100,000 employees.

We have built our reputation as specialists in workplace health education and promotion - and we have been delivering extraordinary health for our clients since 2000.

We are passionate about inspiring healthy, informed choices in our clients, their employees and in our own people too - we love what we do!

“Thank you for a tremendous program and excellent work on education and prevention activity...your highly professional leadership is driving a strong health awareness and wellbeing culture in our business.”

EHS Manager, global Oil & Gas services company

Contact us at info@healthoutfit.co.uk

For every 50 people you employ, an estimated...

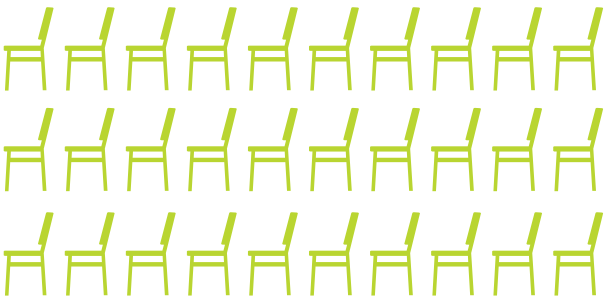
3 are diagnosed with diabetes



5 are heavy drinkers



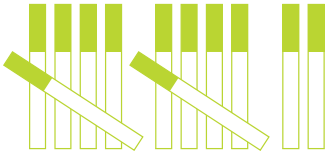
30 sit all day to do their work



25 experience moderate to severe stress



12 are smokers



8 take prescription drugs



12 suffer from some form of cardiovascular or other disease



17 are overweight by more than 20%



How does your company measure up?

We know that the fitter and healthier the workforce, then sickness absence will be less and productivity will be higher. Gallup estimates full-time workers in the UK who are overweight or obese and have other chronic health conditions miss an estimated 103 million additional days of work each year compared with healthy workers - resulting in an estimated cost of more than £21 billion in lost productivity annually.



How to hatch your health and wellbeing programme

Whether your programme is just beginning or needs to build some muscle, here are our top tips for success:

Set the baseline

We call it an Employee Health Needs Assessment. Data from this will help develop a holistic strategy that focusses activities on what's important to your people. Management will most likely require data to make an investment decision in a programme too.

Set the example

From Leadership team level to direct supervision – employees need to know that you are listening to their health concerns and support their participation in health and wellbeing events.

Mix it up

The workplace health and wellbeing programme should offer something to all abilities, ages and interests.

Monitor and measure

Identify key success metrics for your health and wellbeing programme, continuously evaluate and rigorously report on them throughout the organisation.

Maintain and motivate

Use effective and engaging communication to let employees know what's on offer and why it's important to them.

We would love to work with you

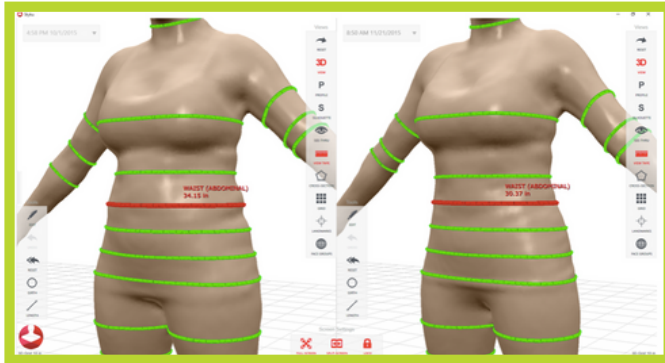
Book your company's initial discovery consultation:
info@healthoutfit.co.uk

Our scope of services

Service	Onsite	Offshore	Digital
Hosted website for easy access for the workforce			★
Health promotion content delivered quarterly	★	★	★
Raise Your Game Charity Challenge	★	★	★
Offshore visits <ul style="list-style-type: none"> - Group presentations - Individual 1-2-1s - Fitness classes - Chair Massage 		★	
3D Body Scan In just 30 seconds, get a full 3D infra-red body scan and know the risks of obesity related diseases, body fat% and much more! A confidential report is delivered to your email box within minutes. <ul style="list-style-type: none"> - Contactless, safe, and private - For successful body composition management - Tracks health risks of obesity related disease - Posture analysis 	★	★	
Lifestyle health checks <ul style="list-style-type: none"> - Blood pressure - Cholesterol - Blood glucose - BMI 	★	★	
Workplace wellness <ul style="list-style-type: none"> - Healthy Living Days - Chair Massage - Chiropractic consultation - Team building - Stretch break - Alcohol & drugs Awareness - Strength challenge - Smoothie bikes - Batak wall - Oxygen bar 	★		
Gym management	★		
Fitness classes + fitness on demand	★	★	★
Wellness coaching	★	★	★
Personal training	★	★	★
Nutritionist services <ul style="list-style-type: none"> - Individual and group weight management programmes - Menu analysis - Nutritional analysis 	★		★
Expert-led presentations that are interactive and highly engaging <ul style="list-style-type: none"> - Nutrition - Healthy weight loss - Physical activity - Preventing Musculoskeletal Disorders - Back care 	★	★	★

3D Body Scan

Encourage your employees to take responsibility for their own health with data-driven decision making.



#3D technology

- Contactless, safe, and private
- For successful body composition management
- Tracks health risks of obesity related disease
- Posture analysis



#Visualise your health

In just 30 seconds, get a full 3D infra-red body scan and know the risks of obesity related diseases, body fat% and much more!

A confidential report is delivered to your email box within minutes.



Your follow up appointment with a Healthoutfit Wellness Coach hatches your plan and next scan.



info@healthoutfit.co.uk



Healthy Living Day

A health and wellness day engages employees with your corporate health and fitness benefit plans. This fun, engaging event can provide nutrition guidelines, educational fitness demonstrations, health risk assessments and biometric screenings to promote positive lifestyle changes.

Employees are encouraged to ask questions and gather resources to promote healthier habits to improve health.

Lifestyle Health Checks

A lifestyle health check is a great way for employees to assess their current health status and identify areas for improvement. It can help them prevent or manage chronic diseases and improve their quality of life.

The 30 minute, confidential assessment includes blood pressure, cholesterol, blood glucose, waist measurements and lifestyle review.



Gym management

The physical activity level of a company's employees is a key health factor. Having a convenient onsite gym will increase employee physical activity levels and improve their health. Onsite gyms can also help recruit and retain key employee talent, while visibly demonstrating the senior leadership's commitment to create and support a culture of good health.

With more than 25 years of experience in health and fitness, we make sure that a company gets the most out of its investment from the onsite gym.

Our approach is designed to assess health status and health risks, engage employees to participate at a higher level of activity and transform individuals and companies by achieving measurable results.

We provide safe and cost effective operations with some of the best fitness and wellness coaches in the industry.

We work with facilities personnel and equipment suppliers to create a fitness environment that is inviting, functional and safe. Once operational, we offer a flexible suite of services from adhoc support to a fully managed operation including inductions to onsite health and fitness facility, exercise classes, fitness testing, personal training and promotional materials.

"You have been very consistent in your reliability, content of classes, staff and the variety of things you introduce, this and the fact that I continually get good feedback from our personnel on their perception of healthoutfit."

Facilities Manager, international offshore drilling company

6

health & safety considerations for your onsite gym

The Health and Safety Executive may audit your facility at any time. They may also follow up on reported accidents and incidents by inspecting safety documentation, equipment and qualifications of instructors.

01

Provide a full induction process starting with a blood pressure check, physical activity readiness questionnaire and referral to a GP if indicated, ensuring that any immediate health risks are identified at the initial stage.

02

Use Wellness Coaches and Advisors who are all trained and qualified for first aid, defibrillation and emergency evacuation.

03

Monitor authorised access to the facility to ensure that all users have been through the induction process and are cleared to start exercising safely.

04

Inspect equipment and maintain daily with procedures for reporting and dealing with faulty equipment.

05

Maintain risk assessments for all activities carried out on-site, current qualification certificates and insurance for all personnel are available for inspection onsite.

06

Ensure correct use of equipment and adherence to facility safety guidelines.

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