



EMPLOYEE HEALTH PLATFORM

01

Supported by



Give your employees everything they need.

02

Our platform is a one-stop shop catering to every ability from the fitness newbie to the serious athlete. Your employees will have access to all of our Fitness Programmes and our Health Pack. So whatever their goal; whether that's to look, feel or move better, or simply to stand up from their desk without groaning, you will have them covered.



What's the state of play

About a third of adults in England are damaging their health through a lack of physical activity.

One in four women and one in five men in England are defined as inactive, doing less than 30 minutes of moderate physical activity each week.

03



What's the state of play

The cost of an unhealthy workforce to the UK taxpayer has been estimated at over £60 billion per year.

Employees who are in good health are less likely to need time off work and are likely to be more productive

04



It goes beyond the physical

1 in 4
of UK employees
reported having a
**physical
health
condition**

1 in 5
of those employees with
physical health conditions,
**also reported
having a mental
health condition**



The platform.

Employees will have access to all 4 programmes, the daily challenge and health pack through Wodify, a user friendly app that allows users to access their programming on any smart device, record their results, track progress and compare their score with friends and family. It's easy to use and comes with a host of other benefits that your employees can tap into.

Program

1. ACTIVE

SESSION ONE

Active Programme

Session One - Strength Focus

Session Two - Cardiovascular Focus

Session Three - Mobility Focus

Strength

Perform 3 rounds of the following:

A1: Glute Bridge (3 x 10)

- Paired set; alternate between A1: and A2: with rest as needed between exercises

A2: Deadbug (3 x 10 /side)

- Paired set; alternate between A1: and A2: with rest as needed between exercises

Strength

Perform 3 rounds of the following:

B1: Bird dog (3 x 10 /side)

- Circuit; perform one set of each B1: though B4: with rest as needed between exercises

B2: Mountain Climber (3 x 10 /side)

- Circuit; perform one set of each B1: though B4: with rest as needed between exercises

B3: Knee-to-elbow Plank (3 x 10 /side)

- Circuit; perform one set of each B1: though B4: with rest as needed between exercises

B4: Bodyweight Squat (3 x 10)



Programme One

3 Days Per Week

ACTIVE - If walking the dog or spending the afternoon in the garden is the most exercise you get; this is where to start.

**No gym membership and no equipment required*



Programme Two

3 Days Per Week

CHALLENGER - If you like your fitness but you're not quite sure what to do, this is the one for you.

**Minimal home kit required and easily achievable if you're a member of a gym*



Programme Three

4 Days Per Week

BEAST - Get strong, lift weights and look good doing it. A mix of strength and physique training to push you to new levels.

**You will need a gym membership to complete this programme*



Programme Four

5 Days Per Week

HERO - Functional fitness at it's best. A mix of strength and conditioning to create a more athletic and robust human being.

**You will need a gym membership to complete this programme*



Daily Challenge

We also set a daily challenge which helps to create a community spirit within the workplace, keep your employees moving and ultimately improve their fitness levels.

Health Pack

Our Health Pack contains tips on nutrition, recipe ideas, advice on wellbeing and how to stay active throughout the day; all to help your employees to live a healthier more balanced life.



Monthly recipes

Every month we will send employees healthy recipes to help them make more informed choices and keep their diet both balanced and interesting

RECIPES



RECIPES

Pork Chalupas

from Grams

cooking time 6-8 hours

2-3 # pork roast

(I remove fat after roast begins to be tender or you can do it before cooked)

1 lb. pinto beans

3 cloves garlic

3 T. chile pwd.

1 lg. onion, chopped

cumin

saagano

preheat oven to 375

or stop

1 cube beef

or canned

1 jalap

Record and Track

The app allows members to track their results, compare their scores with other members and keep a log of their progress.



Support

All members have access to a private Facebook group to ask questions about the programmes as well as live Q&A's with the coaches.

Healthier employees

What does a healthier employee look like?

- 1. They'll take less sick days*
- 2. They are shown to be more productive*
- 3. They will be happier.....and healthier*

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AS AN EMPLOYER DO
YOU THINK YOU COULD
DO MORE?

**Park
Club**
For a healthier you



THANK YOU

PLEASE

TRAIN

RESPONSIBLY

