



**workplace wellness**

**Workplace Wellness  
Products and Services**

**WWW.WITNESSTHEFITNESS.NET**



# workplace wellness

Improving and maintaining staff wellbeing is a win-win for both employer and employee. Research shows that workplace absence costs the UK economy £18billion in lost productivity each year. This costs UK business on average £554 per employee per year due to staff absence.

Musculoskeletal problems such as back and neck pain and mental health issues such as anxiety and depression are estimated to result in 46 million days being lost in the UK per year according to the office of national statistics.

Improving employee wellbeing helps keep employees happy, healthy and productive, which in turn can save UK business time and money.

## Corporate Wellness Matters.

- Attract and retain the best staff
- Ensure staff feel happy and valued
- Build a healthy and productive company
- Empower staff to make informed wellbeing decisions
- A positive approach to to reduce absence
- Don't wait until absence to offer a helping hand.



## workplace wellness

Health Assessments are a quick and simple way to assess employee health. The assessments Witness The Fitness offer are used to help understand which employees are at greater risk of developing health issues and may require further help, advice and support to positively impact their health and wellbeing.

For example the hip to waist ratio assessment can be used to assess which employees have a greater risk of developing health issues such as obesity, diabetes and CHD as they age.

Early intervention and empowering individuals to make better lifestyle choices can counteract this.

Prices start from as little as £15 per employee

# Health Assessments

Health assessments include:

- Blood Pressure
- Hip To Waist Ratio
- Body Fat Analysis
- Posture and Range of Movement Analysis



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Group Personal Training designed to target those employees that need extra support, help and training to improve their posture, waistline and mental health.

Each training group will have a collective goal and training programme. For example employees suffering with postural issues due to sitting for long periods of time, would be trained together to improve on these postural issues that maybe causing discomfort.

Prices start from as little as £15 per employee

## Group Training

Personalised training for groups of 4-6 employees  
Personalised programming aimed at improving health and wellbeing for those identified as 'at risk' within their health assessments.



**WITNESS THE FITNESS**  
TRAINING STUDIOS

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Fitness classes are a great way to de-stress, get fitter, build teamwork and have fun whilst at work. Employees have been shown to more productive following a small interval of exercise.

Each fitness classes will be delivered by a fully qualified fully insured experienced fitness professional who will deliver a fun and effective fitness class suitable for all levels and abilities.

Group sizes range from 6 - 30 employees depending on room size and class choice.

Prices start from as little as £5 per employee

## Fitness Classes

Classes include:

- BoxFit
- Stretch & Relax
- TeamWork Works
- for a full list of classes available please contact



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Educational workshops are designed to inform and empower employees dealing with issues with health and wellbeing to make better decisions within the workplace and in their everyday life.

Information delivered is based on current research in to health and wellbeing and is delivered by an experienced trainer and fully qualified teacher.

Workshops can be delivered to small teams or groups as well as larger conferences.

Prices start from as little as £10 per employee

## Educational Workshops

Workshops available include:

- dealing with deskjob discomfort
- weight management
- stress success
- for a full list of workshops please contact



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We will sit down with you, listen to what you, your employees and business are looking to achieve. Offer advice and information on what services and packages will meet your needs, and improve employee wellbeing

After the initial conversation we will put together three packages proposals that will break down services, timings and costs in a clear and concise manner.

## Bespoke Business Packages

Weekly, monthly, quarterly or one off visits

Themed months- 'health assessment month'

Packages designed for a set number of employees or packages based around drop ins



# workplace wellness

Get your unique and bespoke workplace wellness package for you, your employees and your business.

Simply contact Witness The Fitness today so we can discuss what you're looking for and how we can help and support you and your staff

After an initial conversation we will build you a unique package based on the needs of your employees and business along with a quote for those services.

## Get in touch

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