

Health and Fitness Talk

We will come to your facility and give a talk to staff members about fitness and its benefits to health and wellbeing.

This Talk will be a presentation given by our Fitness Team about the effects fitness will have upon the body, Nutritional Advice and about creating a healthy habit.

Health MOT

We will give one to one discussions with all staff members about fitness.

Tests such as Blood Pressure, BMI, Nutritional advice and fitness questionnaires can be taken and with your health information we can use this to agree achievable health goals and create a fitness