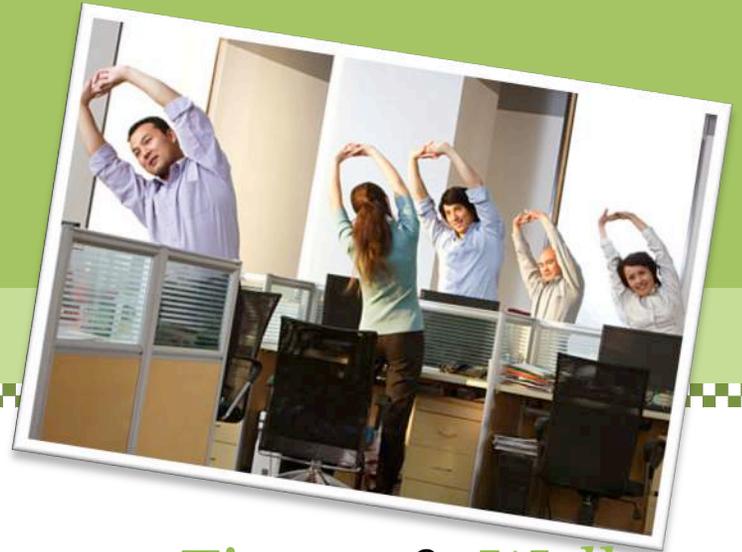


On-site Corporate Fitness & Wellness is our specialty!

Get energized &
healthier without
leaving your office!



OUR SERVICES

HEALTH ASSESSEMENT

HEALTH AND BESPOKE
FITNESS PLANS

ON-SITE FITNESS
CLASSES

ON-SITE MASSAGE

HEALTH EDUCATION

TEAM BUILDING EVENTS

CORPORATE GYM
MANAGEMENT

Corporate *Fitness & Wellness* Solutions

One billion man-hours are lost to sickness across Europe each year - a staggering cost to the economy of £40 billion per year.

People who exercise just once a week take up to 28 % fewer days off sick, and show an increase of productivity of 15 %.

Significantly too, health and well-being are the most popular benefits people look to receive from their employers.

The World Health Organisation defines Wellness as "a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity".





Smart, effective and inspirational programmes, tailored to suit any business and budget...

ON SITE FITNESS CLASSES & MASSAGE

Through cost effective exercise classes Kanoa Personal Training helps employees to take an active role in their health and return to work happier and healthier.

GET INSPIRED WITH OUR 2016 CLASSES

- Dynamic stretch and flexibility**
- Outdoor metabolic training**
- Functional body movement training**
- Insanity body sculpting**
- Legs, bums and tums**
- Onsite massage**
- 6 pack blast**
- Yoga**

HEALTH ASSESSEMENT

Kanoa Personal Training will carry out a bespoke health & fitness assessment. This takes approximately 30 minutes and can be carried out in the workplace at a convenient time.

We take 6 basic measurements and assess:

Heart Rate Levels (cardiovascular fitness), *Body Composition*, *Blood Pressure*, *Body Mass Index*, *Waist Hip Ratio*, and *Body Fat %*.

Crucially, we will prepare a report summarizing key fitness and wellness characteristics of your employees as a whole or particular teams or groups without disclosing individuals' personal performance.

BESPOKE HEALTH FITNESS PLAN

Successful employees!

Bespoke health & fitness plans are vital to forward-thinking companies, who want to motivate, inspire and engage their teams. They are a benefit that costs more to avoid than to provide.

Kanoa Personal Training provides smart, effective and inspirational programmes, tailored to suit any business and budget.





Exercise at work is one of the most **effective** ways for a company to reduce stress, and **help** to prevent the **onset** of stress-related illness.

HEALTH EDUCATION

Kanoa Personal Training offers a variety of educational services, to support our philosophy.

The topics we cover include:

1. Nutrition (Optimal health: Managing stress via Diet & Nutrition, 5 tips for the busy professional, Nutritional Strategies to Strengthen Your Immune System)
2. Postural care at work (How to improve posture at work? Avoiding work related Repetitive Strain Injury (RSI)?)
3. Self- release tension at work.

These can take place in the form of presentations and seminars best suited to the company's and employees' requirements. We can deliver them in your office or at one of our venues.

The activities are fun and an ideal way to promote motivation and team spirit. All courses are presented by one of our expert trainers.

TEAM BUILDING ACTIVITY

Why not let us take your employees through some team building exercises? We can recommend classes and sessions to suit any audience, with the aim of achieving happier, more productive teams who work well together, and deliver better performance.

In addition, we can provide special packages as a reward for selected employees, as well as clients, including pampering days and a short fitness break.

Inspire people to a healthy life!

CORPORATE GYM MANAGEMENT

Have you ever thought about building a gym in your premises for your employees?

We can advise on all aspects of developing and operating a health and fitness facility.





One of the big benefits of office massages is that they reduce both anxiety & depression scores by more than 25%.



“The secret of getting ahead is getting started.”

Four Reasons to encourage Fitness & Wellness in the workplace

1. Many chronic diseases are preventable

”Almost two thirds of total health budget is now spent on treating patients with chronic conditions.” The Times, 25 May 2011

Our programmes will address some of the most preventable disease, such as heart disease, stroke, cancer and obesity through taking steps to halt progression. This takes time but with the right mental and time commitment progress is possible.

2. A higher level of awareness is essential to success.

Employees of all ages are becoming more and more health conscious. But due to higher stress, longer workdays and constant multitasking, it is more difficult to find the time to act on wellness goals. This can be addressed effectively and efficiently by creating health & fitness programmes in your offices.



Improved
Fitness and Wellness
benefits employees and
employers alike.

3. Fit employees have more energy.

One of the many benefits of regular [exercise](#) is increased and sustained energy throughout the day. This energy allows the employee to stay focused, alert and positive.

4. Mutual benefits.

Employers implementing wellness programmes report a surge in employee morale and commitment to the company.

When employees feel their employer is exhibiting a reciprocal level of commitment to them, there are mutual benefits to both including lower turnover, and for the employer, reduced costs of recruitment.