



Workplace Health & Wellbeing Packages

www.kellyshealthandfitnessacademy.com



BRONZE

Introduction to health and wellbeing

45 minute introduction to the fundamentals of health and wellbeing

SILVER

Health and wellbeing workshop

2.5 hour health and wellbeing interactive action planning workshop

GOLD

Health and wellbeing workshop and healthy eating recipe books

2.5 hour health and wellbeing interactive action planning workshop

*Downloadable healthy eating recipe book

PLATINUM

Health and wellbeing workshop, customised meal or fitness plans and 4 group sessions

2.5 hour health and wellbeing interactive action planning workshop

*Customised downloadable Meal Plan or Fitness Plan

*4 x group coaching sessions
(1 session x 4 weeks)



Workplace Health & Wellbeing Packages

*Inclusive up to 10 participants

www.kellyshealthandfitnessacademy.com

BRONZE

- **Introduction to health & wellbeing**

This 45 minute seminar provides an overview of the fundamentals of health and wellbeing. Covering the the following principles:

- What is health and wellbeing?
- Why is being active important?
- How does my lifestyle affect my wellbeing?
- Steps to a healthier lifestyle.
- How can I improve my coping strategies and manage my stress?

SILVER

- **An interactive, action planning Health & wellbeing workshop**

This 2.5 hour dynamic, interactive workshop provides an overview of the fundamentals of health, fitness and wellbeing. All participants will be guided and empowered through an action planning activity to make healthy changes to their lifestyle.

The workshop covers the the following principles:

- **Introduction** - What is health and wellbeing?
- **Being active** - Why is being active important?
- **My lifestyle reflection** - How does my lifestyle affect my wellbeing?
- **Healthy eating** - What does it mean to eat healthy?
- **Stress management** - How can I improve my coping strategies and manage my stress?
- **Goal setting** - Setting my goals to a healthier lifestyle.

GOLD

- **An interactive, action planning health & wellbeing workshop**
- **Healthy eating recipe books (for up to 10 participant inclusive)**

This 2.5 hour dynamic, interactive workshop provides an overview of the fundamentals of health, fitness and wellbeing. All participants will be guided and empowered through an action planning activity to make healthy changes to their lifestyle.

The workshop covers the the following principles:

- **Introduction** - What is health and wellbeing?
- **Being active** - Why is being active important?
- **My lifestyle reflection** - How does my lifestyle affect my wellbeing?
- **Healthy eating** - What does it mean to eat healthy?
- **Stress management** - How can I improve my coping strategies and manage my stress?
- **Goal setting** - Setting my goals to a healthier lifestyle.
- **Health eating recipe book** - Downloadable healthy eating recipe book with full nutrition details for up to 10 participants.

PLATINUM

- **An interactive, action planning health and wellbeing workshop**
- **Customised meal or fitness plans***
- **Four group coaching sessions (1 session x 4 weeks)***

This 2.5 hour dynamic, interactive workshop provides an overview of the fundamentals of health, fitness and wellbeing. All participants will be guided and empowered through an action planning activity to make healthy changes to their lifestyle.

The workshop covers the the following principles:

- **Introduction** - What is health and wellbeing?
- **Being active** - Why is being active important?
- **My lifestyle reflection** - How does my lifestyle affect my wellbeing?
- **Healthy eating** - What does it mean to eat healthy?
- **Stress management** - How can I improve my coping strategies and manage my stress?
- **Goal setting** - Setting my goals to a healthier lifestyle.
- **Customised plan** - downloadable Meal Plan or Fitness Plan for up to 10 participants.
- **4 group coaching sessions** - weekly check-ins and guidance to review goals and set actions (1 session x 4 weeks).

*for up to 10 participants inclusive

Workplace Health & Wellbeing Packages

Email: contact@kellyshealthandfitnessacademy.com

www.kellyshealthandfitnessacademy.com

