



WellbeingSport. Be part of it.

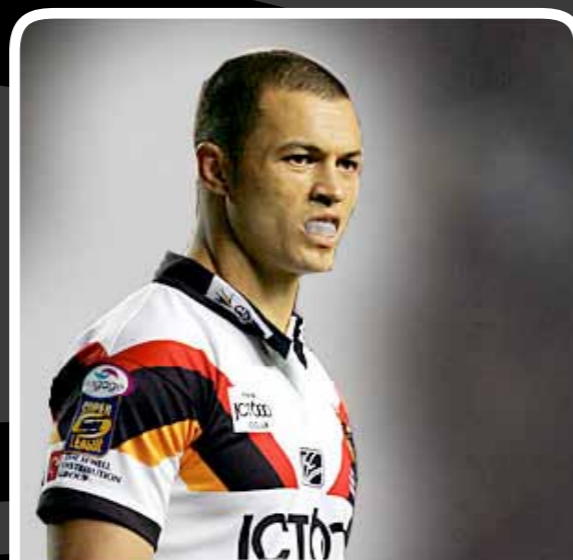


“The disciplines required in professional sport are invaluable in the everyday workplace. WellbeingSport have captured this perfectly”

Monty Panesar MBE, Sussex & England

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“I have often wondered why businesses have been slow to realise the parallels between sport and business. Both are results orientated and rely on team play. WellbeingSport have a great concept that businesses are sure to find very attractive”

Robbie Paul, BBC personality, New Zealand & Bradford Bulls

Healthy Lives, Healthy People

The Government recently highlighted Wellbeing as the key to improving the state of The Nation’s health. White paper: “Healthy Lives, Healthy People”, outlines several key areas that involve employers taking more of an active role.

Why?

- Smoking-related deaths cost the NHS £2.7b each year
- Obesity-related conditions cost an estimated £4.2b each year
- Reducing work-related ill-health could save the UK up to £100billion each year – around the size of the entire NHS budget.

What?

- £135m Lottery investment in a Mass Participation & Community Sport legacy programme
- Ring-fenced public health funding from within the overall NHS budget - estimated to be around a £4billion spend
- Working to influence the Public, Private and Voluntary sectors.

How?

- Working with employers to unleash their potential as champions of public health
- Businesses must take more responsibility for the impact of their practices on people’s health and wellbeing
- Employers from all sectors should look to support the health and wellbeing of their staff
- Employers will be encouraged to work with occupational health service providers, and seek preventative interventions
- The NHS are to champion the initiative by encouraging all their employees to take part in sport and games, in association with the 2012 Olympics.

[Click here and visit our website to find out more.](#)



These are just a few of our partners. We can't show them all, so please contact us to find out more.



Sport Services

Professional sport and business have many similar attributes. These include communication, attitude, teamwork, positive energy, work ethic, individual and team performance, and ultimately: Results.

WellbeingSport allows your business and its employees to experience first-hand some of the key principles of sport and its psychology to help you create a winning environment.

We provide:

Professional cricket experiences with access to all the county cricket teams and venues.

- Indoor/outdoor cricket tournament involving players from the county cricket playing staff or academy
- Fitness drills on the pitch, and strength drills in the gym
- Cricket nets with club coaches/players
- Pro bowling drills and pro batting drills.

Professional football experiences at selected ground and clubs in the Football League.

- Various group activities will be led by highly qualified sports coaches, including ex-professional footballers, in an engaging and fun environment.

Professional rugby experiences at selected clubs in the Aviva premier ship.

- Cardiovascular workout as a team, either in the gym or on a pitch
- Nutrition/conditioning lecture with possible team video analysis
- Lunch/BBQ with available players
- Rugby skills session – passing/kicking/ scrumaging drills
- Conditioned Games – selection of competitive team games.

[Click here and visit our website to find out more.](#)



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On-site Health Screening & Measurement

We offer face-to-face employee health and lifestyle screening from fully RGN-qualified practitioners.

Our screenings:

- Provide a starting point to begin to understand implications of the employees lifestyle choices
- Evaluate the health and lifestyle of the employee and its' impact on their wellbeing
- Tailor interventions on how to manage the risks associated with their results.

Our comprehensive screening packages are 10, 30 or 60 minutes long, and we can provide individual employee reports.

They are fully confidential, on a 1-2-1 basis and use assessment tools as per the NICE guidelines.

The screenings measure:

- Blood Pressure
- Cholesterol Measurement
- Body Mass Index – risk of heart attack & type 2 diabetes
- Waist circumference
- Lifestyle – using a medical questionnaire
- Individual employee Reports.

WellbeingSport can also provide on-site DSE Assessments.

[Click here and visit our website to find out more.](#)





Educational Workshops & Seminars

WellbeingSport think that educating employees on how to take responsibility for themselves is paramount.

WellbeingSport deliver tailored workshops by fully qualified experts, ranging from 30 minutes to a full day.



There are dozens of different workshop themes to choose from:

- Staying Healthy, Keeping Fit
- Healthy Hearts
- A Healthy Weight - reducing your risk of diabetes
- Enjoying Alcohol Sensibly
- Maintaining a Healthy Back
- 'Deskercise'
- Managing Your Stress
- Leadership Coaching
- Team Performance Coaching
- Cognitive Behavioural Therapy/Counselling.
- And more...

[Click here and visit our website to find out more.](#)



Yoga & Pilates

Pilates and Yoga can prevent back pain, increase strength and concentration, to maximise the time you spend at work.

For labour-intensive jobs, the regular use of Pilates and Yoga can significantly reduce the risk of injury.

The Pilates or Yoga classes can meet the needs of your employees.

- Beginners, intermediate and expert courses
- Regular mat-work classes
- One-to-one tuition
- Posture analysis, breathing awareness, management of pain

We can supply Yoga and Pilates tutors at your work-place and nationwide. Our Pilates tutors are all members of the Body Control Pilates group; the largest Pilates body in Europe.

[Click here and visit our website to find out more.](#)

Relaxation & Pampering

Stress is one of the biggest killers around today. A healthy work and life balance is an aspiration for many. Why not make it come true?

Off site or at your place of work, WellbeingSport offers:

Facials, eye treatments, body treatments, reflexology aromatherapy, Indian head massage, hopi ear candle treatments, manicures, pedicures, treatment for repetitive strain injuries, strengthening and weight-loss treatments.

Why not make this part on your benefits programme?

[Click here and visit our website to find out more.](#)





Team Building & Outdoor Pursuits

WellbeingSport can provide City Centre Treasure Hunts at many cities up and down the country.

These are great for getting your employees working together in teams, and competing against other colleagues.

There are already treasure hunts designed in York, Sheffield, Edinburgh, Bristol, Newcastle and Nottingham, however, with enough notice a treasure hunt in any town or city can be created.

Treasure Hunts are available in a range of formats; on foot, in taxis, public transport or even on 4x4s.

WellbeingSport can also organise outdoor team-building activities with the following activities:

Assault Course, Blindfold 4x4 Driving, Clay Pigeon, Falconry, Forest Experience, 4x4 Off-road Driving, Jungle Combo, Laser Clays, Laser Tag, Off Road Karts, Paintballing, Quad Biking, Rally Driving, Segway, Sumo, Indoor Karting, Outdoor Karting.

[Click here and visit our website to find out more.](#)



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A Few Facts

HRH Queen Elizabeth's Christmas Speech 2010

The 2010 Christmas speech from HRH Queen Elizabeth II contained a very strong message.

The Queen highlighted sport and games as a significant contributor to general wellbeing.

Sport and games can:

"...provide speedy recovery, renew a sense of purpose, enjoyment and camaraderie..."

"...benefit communities, companies and enterprises of all sizes..."

"...build communities and create harmony..."

"...create a sense of belonging to a wider family..."

Health at Work 2011

WellbeingSport will be attending the annual Health at Work event at the National Exhibition Centre, Birmingham.



Health and wellbeing at work has firmly established itself as the leading event for those responsible for the health and wellbeing of work-aged people. Today, more than ever, organisations need to ensure their employees are fit, healthy, energised and in work. There is added pressure to reduce absences.

ROI Stats - Research etc...

- Smoking related deaths cost the NHS £2.7b each year
- Obesity - related conditions cost an estimated £4.2b each year
- Reducing work related ill health could save UK up to £100 billion each year - around the size of the entire NHS budget
- 172 million working days lost in 2007 – costing the UK economy over £13billion
- In 2009, 9.8million days were lost due to work-related stress, depression or anxiety alone
- For every £1 a business spends on a wellbeing programme, the return on investment can vary from £2.67 to £34.

[Click here and visit our website to find out more.](#)



"The health of 30 million working age people has risen high on the agendas of government, business, public sector organisations, the voluntary sector and the health professions. This has brought a growing recognition of a need to find ways of working together to meet health, social and economic objectives by promoting cultures, service arrangements and practices that offer greatest benefit to people and the organisations that employ them. It is a challenge that lies within the wider public health endeavour, in which employers have an essential part to play in maintaining, safeguarding and improving the physical and mental health and well-being of their employees."

Professor Dame Carol Black, National Director for Health and Work

"...the formulae for success in business and sport contain many common elements: strong leadership, clarity of purpose, the will to win, and effective teamwork all have a part to play."

"What I have also learned in my 25 years in companies like Mars and BT is that to fulfil their individual and collective potential, people have to be fit for the challenge - and the best businesses recognise that by investing in programmes designed to focus on maximising the mental and physical wellbeing of their staff"

Angus Porter, Former Marketing Director at Mars and MD of Consumer Division at BT.
Now Chief Executive at The PCA



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