

THE BODY COACH FOR WORK

Helping to build a healthier,
happier workforce



the
body
coach

Wellbeing in the workplace



Stress, anxiety and depression are the leading reasons for time off work. And with overall happiness and life satisfaction in the UK falling while obesity rates continue to rise, it's never been more important to support your employees in improving their physical and mental health.



Regular exercise has been proven to positively impact both physical and mental wellbeing. It improves focus, productivity, energy levels, sleep quality and cognitive function while reducing stress, anxiety, depression and long-term medical conditions. What's more, it has the power to boost self-esteem, confidence and overall motivation.

"Our mission is to make the world fitter, healthier and happier. And everyone is invited."

Joe Wicks, Founder

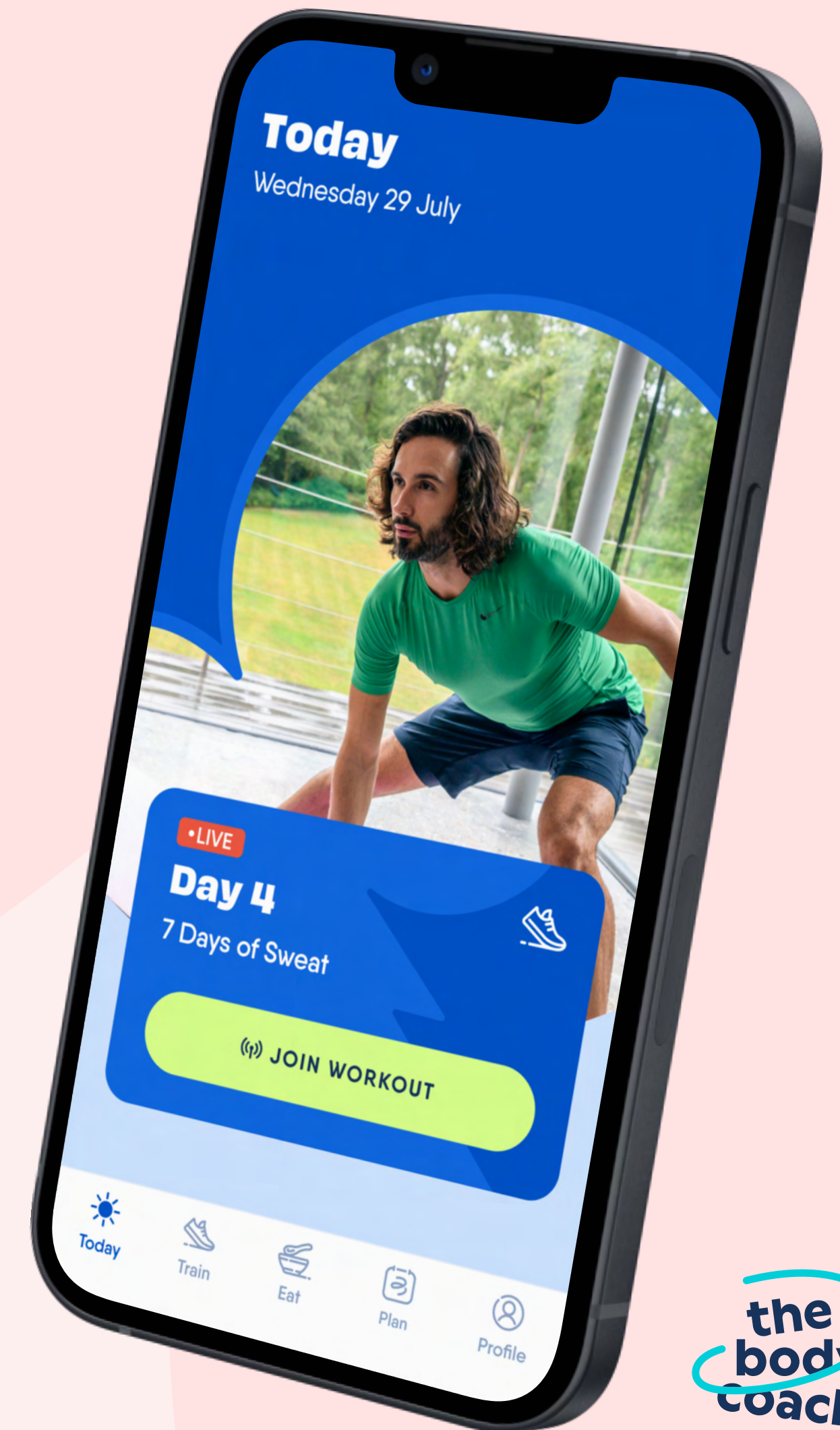
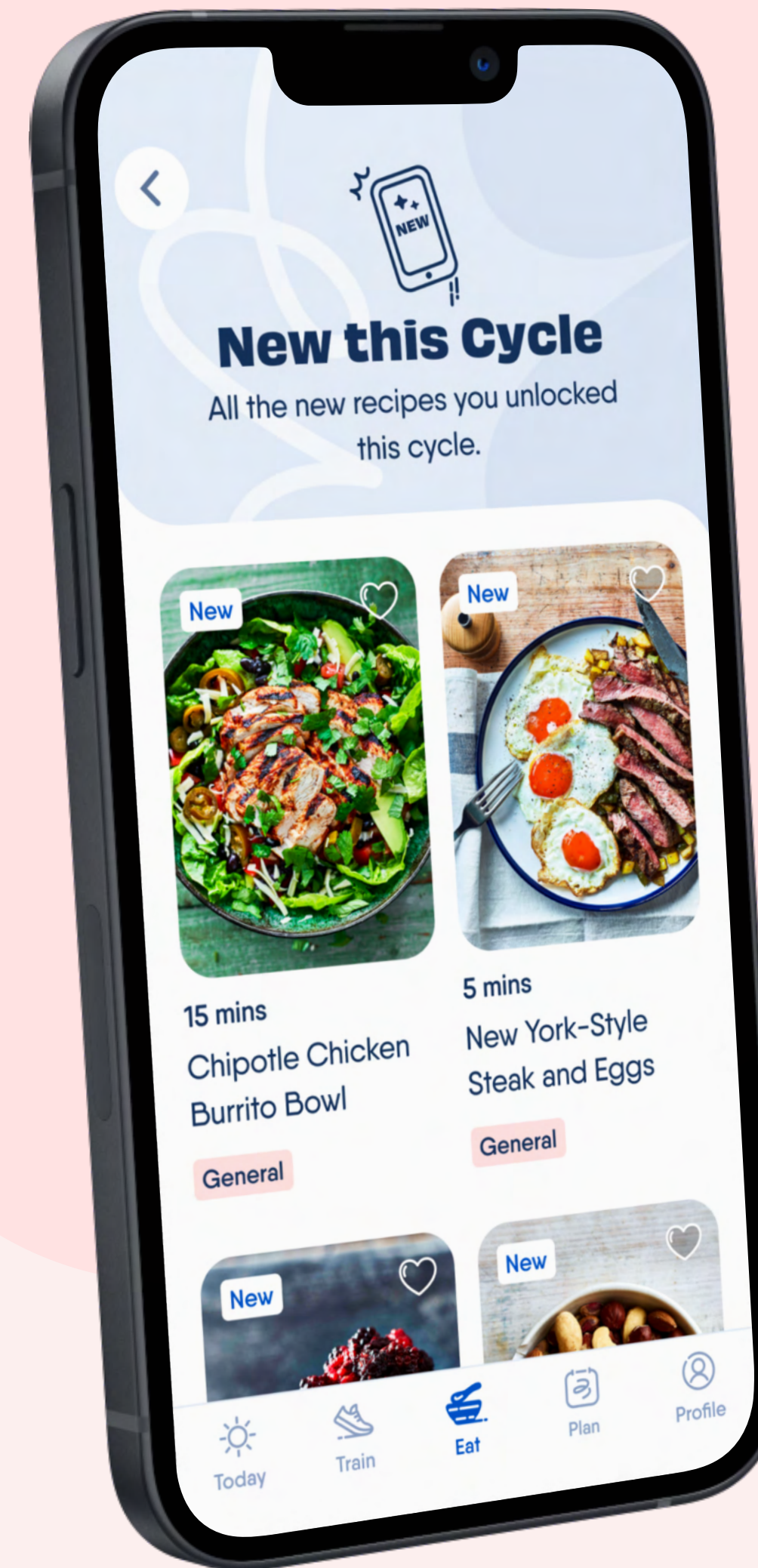
Joe Wicks

[WATCH OVERVIEW](#)



Introducing The Body Coach App

Making fitness and nutrition simple, accessible and fun for everybody.



Guiding employees to improved fitness anywhere, any time.



Real-time workouts for every fitness level

Beginner, Intermediate and Advanced plans – we've got you covered



Structured plan with quick workouts

Short, guided workouts based on where you are at on your journey



Live workouts with our expert trainers

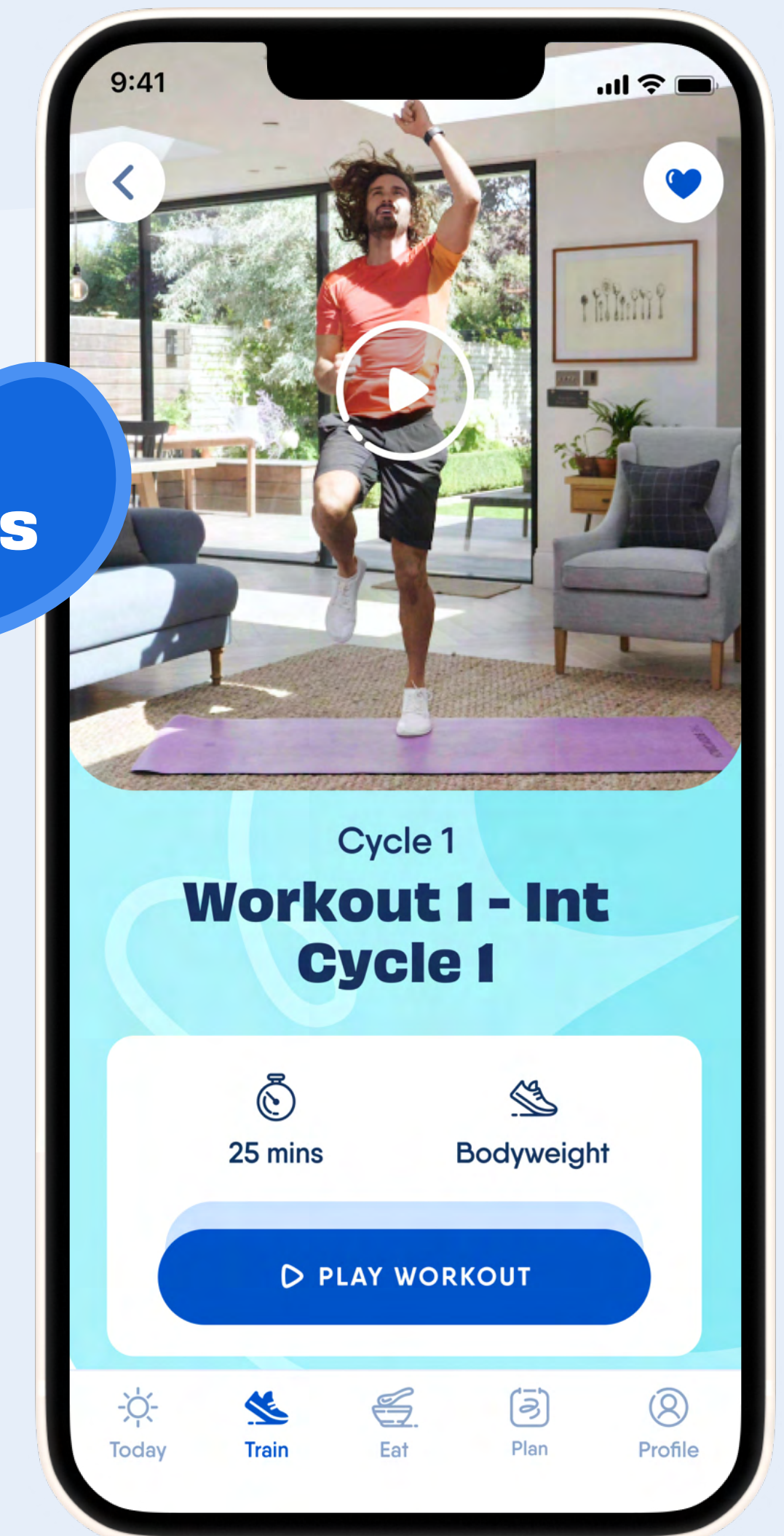
Weekly live sessions to motivate and inspire you



New workouts and challenges each month

No equipment, work out anywhere, any time. And you'll get brand new progressive workouts and challenges each month


600+
Workouts



Fitness and food all in one place



1000+
Tailored
Recipes



Tasty meals, tailored to you

Amazing recipes to fuel your body and no stressing about calorie counting



Planning tools to help you stay on track

Plan your week, choose your favourite recipes and we'll create your shopping list



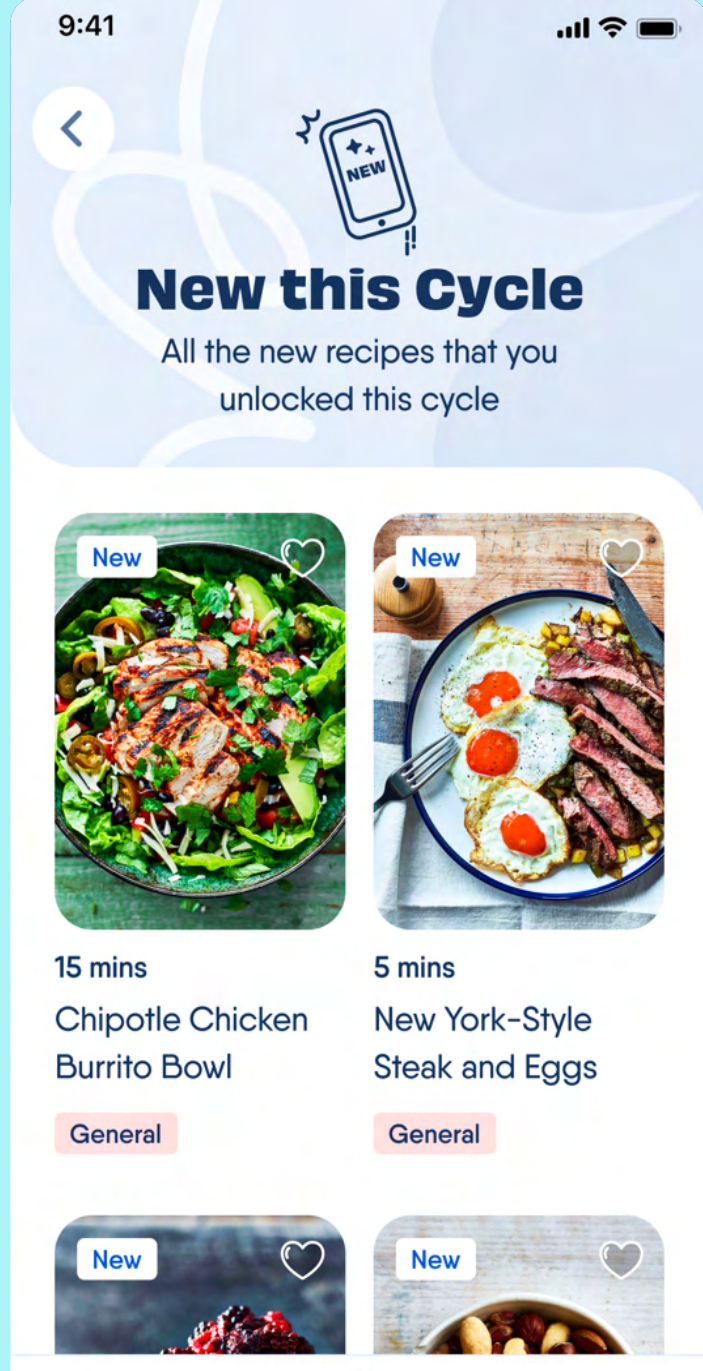
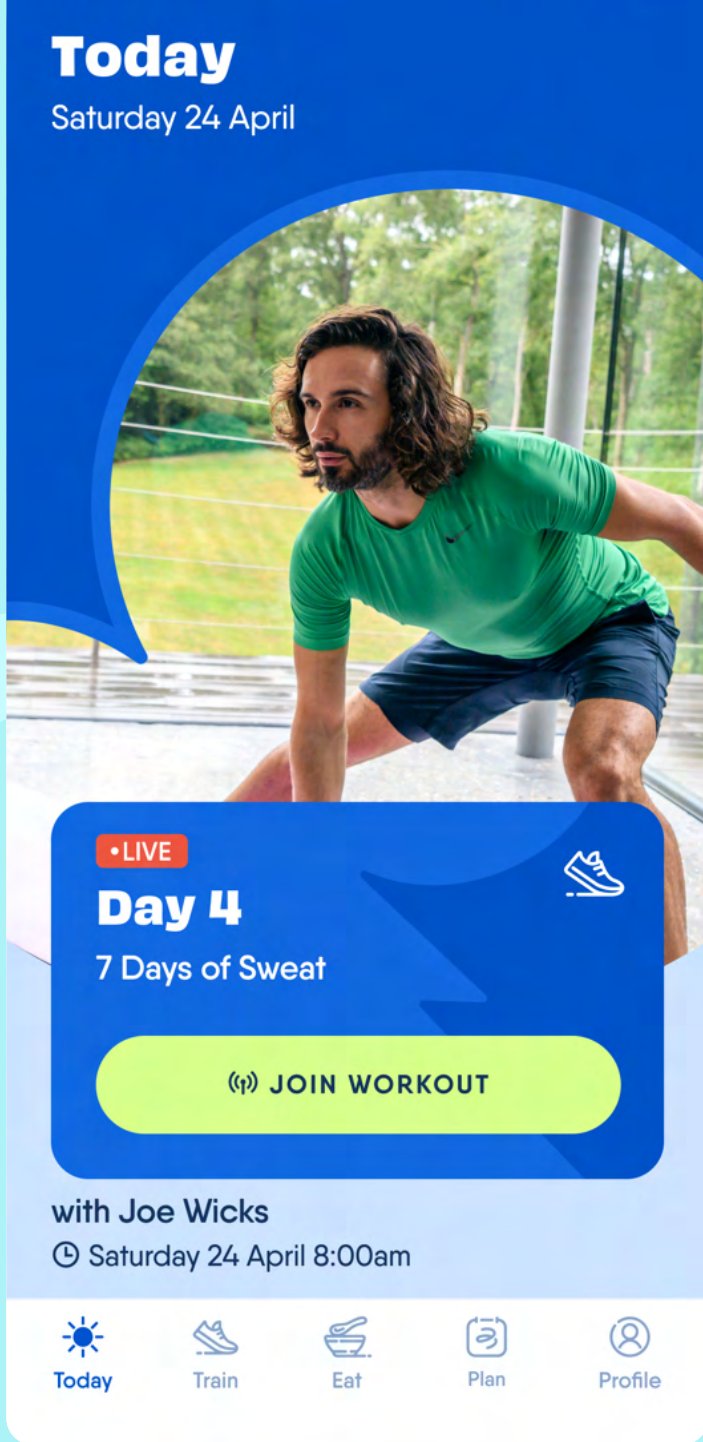
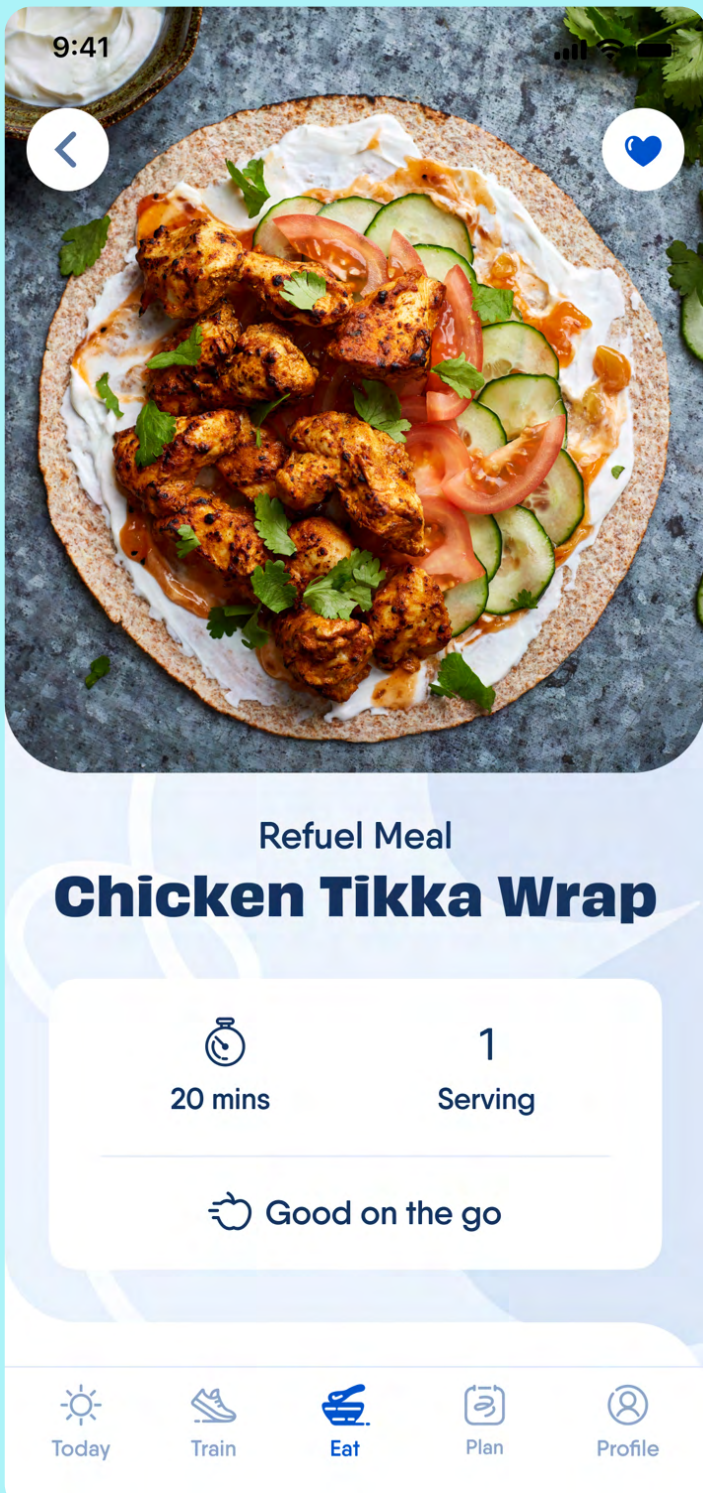
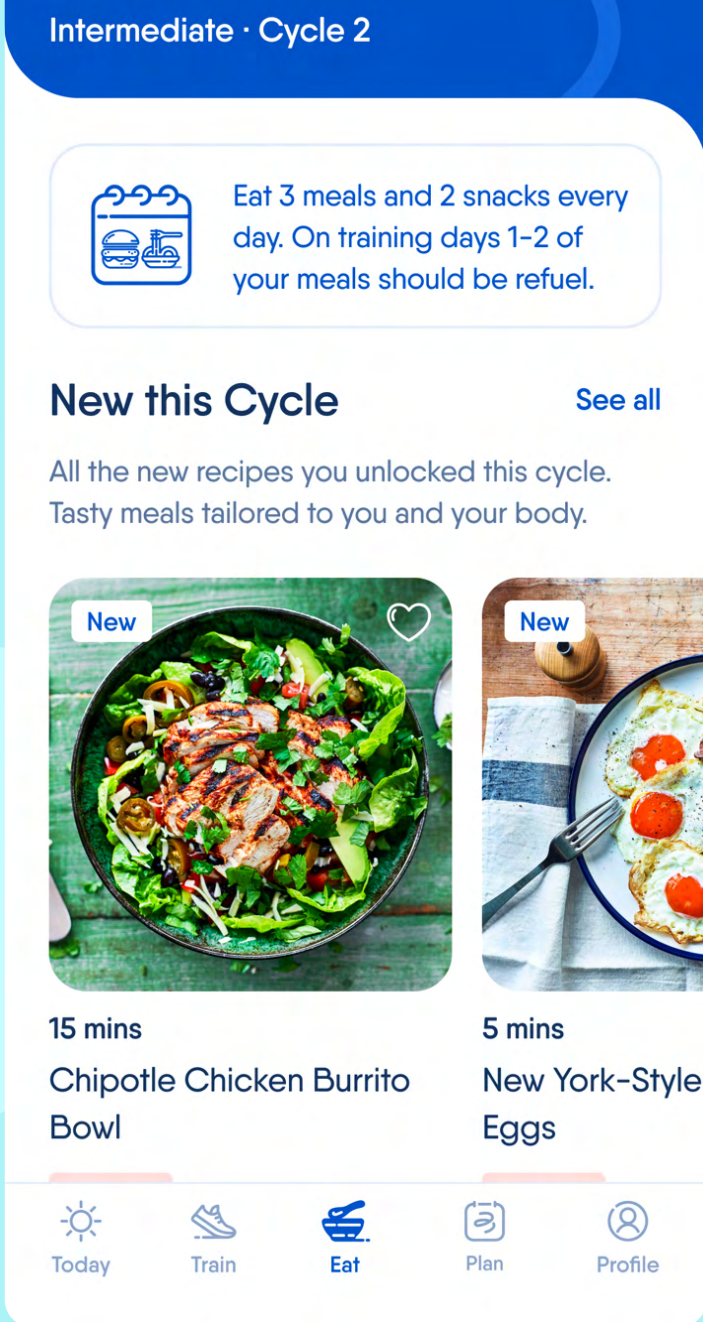
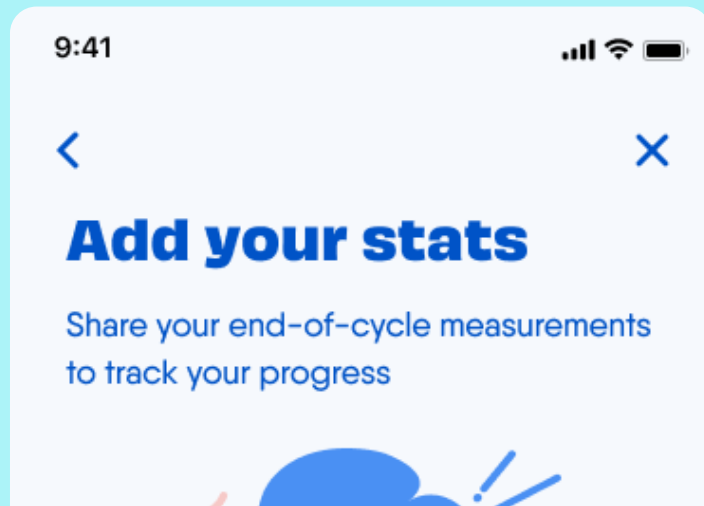
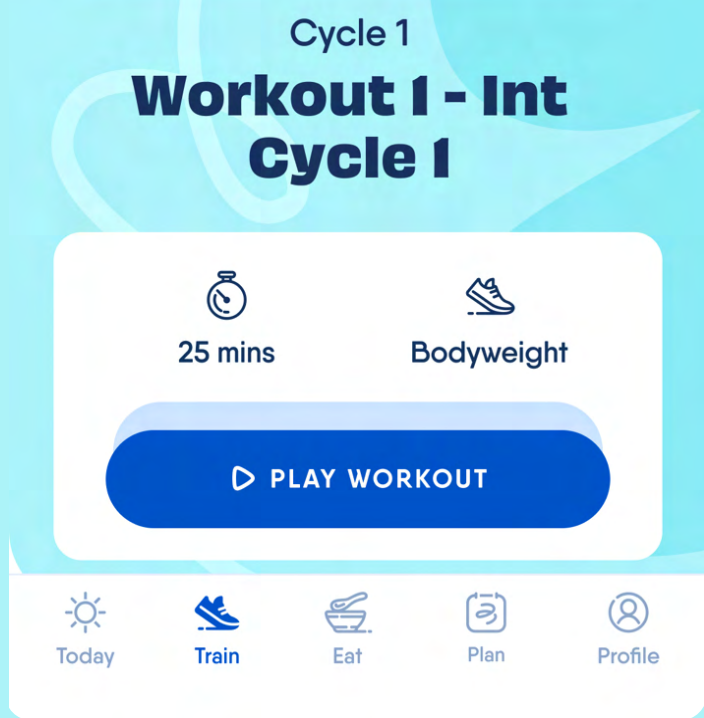
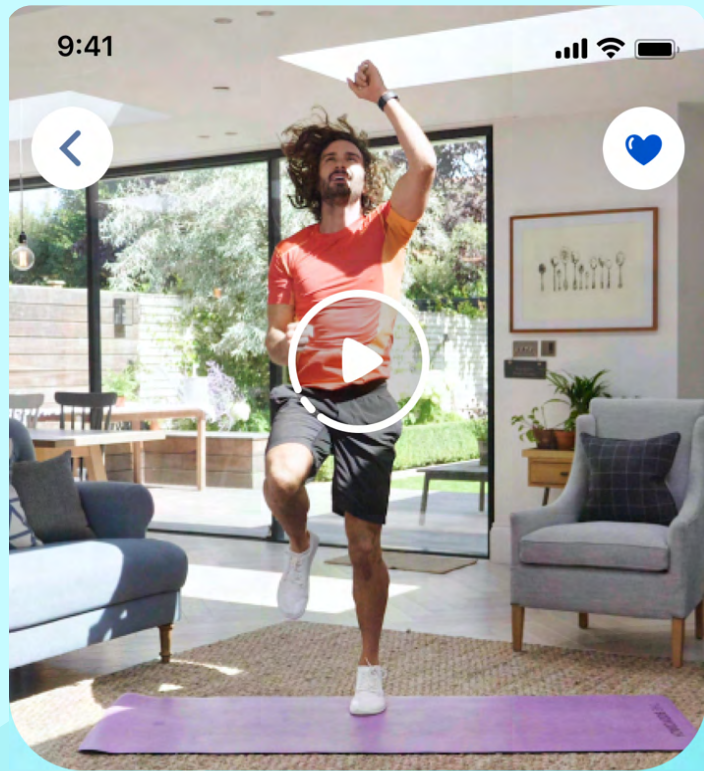
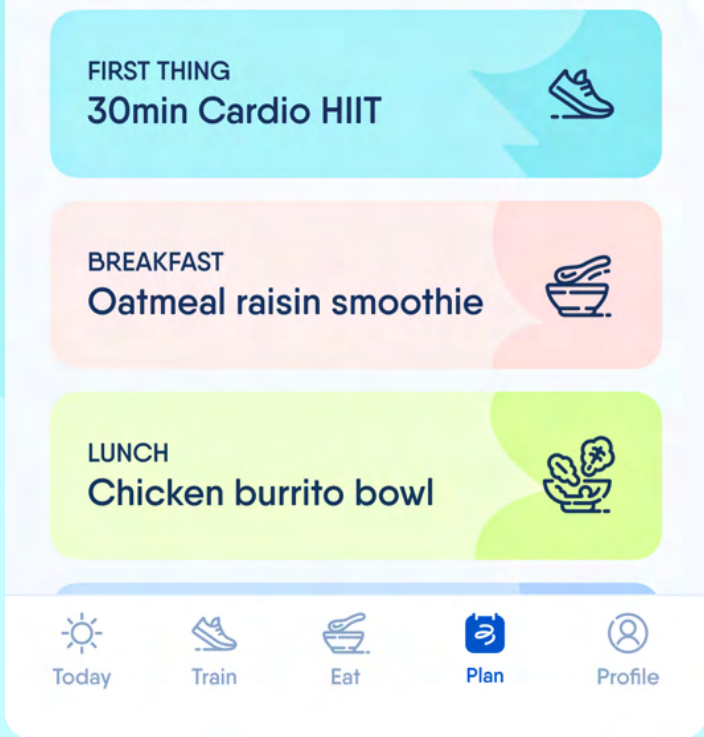
New recipes available every month

Unlock new recipes every month with portion sizes updated to help you progress.



Discover more about how the app works with this short walk-through with Joe

WATCH OVERVIEW



PRICING INFORMATION

The Body Coach for Work allows businesses to purchase subscriptions to The Body Coach app for their employees at a discounted rate. Please get in touch to discuss your organisation's needs.

10-200 SUBSCRIPTIONS

Annual subscription of £29.99 per user, per year (equivalent of £2.50 per user, per month).

200+ SUBSCRIPTIONS

Tailored pricing based on the size of your organisation. Please get in touch to discuss pricing options for your organisation.



**Ready to create a
healthier, happier
workforce in your
organisation?**

Get in touch today

bodycoachforwork@thebodycoach.com

