

A FITTER, HEALTHIER, HAPPIER WORKFORCE

WITH THE BODY COACH FOR WORK

At The Body Coach, our mission is, and has always been, to get more people moving and living healthier and happier lives.

We understand how important it is to have a workforce that is engaged and productive, which is why we're passionate about offering opportunities to boost your employees' mental and physical wellbeing.



What do we offer?

The Body Coach app

- **Structured training:** App users follow a structured workout programme designed to help them progress and improve their strength and fitness.
- **Tailored recipes:** All recipes on the app are tailored to the individual and their goals. We prioritise healthy, tasty and filling meals that fuel the body.
- **Motivation and guidance:** Whether it's voice notes from Joe, access to a weekly planner, or setting a weekly workout goal, the app is designed to help you stay on track.

Corporate events

- **Interactive workshops and webinars:** We can deliver workshops across the topics of health, fitness, and wellbeing to bring people together and share inspiration and knowledge.
- **In-person days with Joe:** Joe Wicks can visit your workplace to deliver a workout, motivational talk, take part in a Q&A or simply a meet and greet.



Benefits for your business

Investing in your employees' health and wellbeing not only benefits them, but can have a huge positive impact on your business, too.

- **Increased productivity.** Poor employee health costs UK businesses £57 billion annually due to lost productivity, according to the [Britain's Healthiest Workplace survey](#). And 99% of HR leaders who track their company's wellbeing programme say it increases [productivity](#).
- **Fewer sick days.** Employees who exercise regularly take 27% fewer sick days – and 17.6 million working days were lost in the UK in 2021 due to work-related stress, depression or anxiety.
- **Increased engagement.** 79% of employees say health wellbeing programmes positively impact their engagement at work.
- **Improved brand.** 67% of job seekers consider a company's health and wellbeing offerings when making a decision, according to [Glassdoor](#).
- **Positive culture.** Wellbeing initiatives have contributed to a 40% reduction in staff turnover.



Partner with The Body Coach

Invest in your employees' wellbeing and help them to become fitter, healthier and happier. Get in touch to discuss your specific needs and how we can tailor our offering to benefit your business.

