

THE BODY COACH FOR WORK

HELPING TO BUILD A HEALTHIER,
HAPPIER WORKFORCE



Wellbeing in the workplace



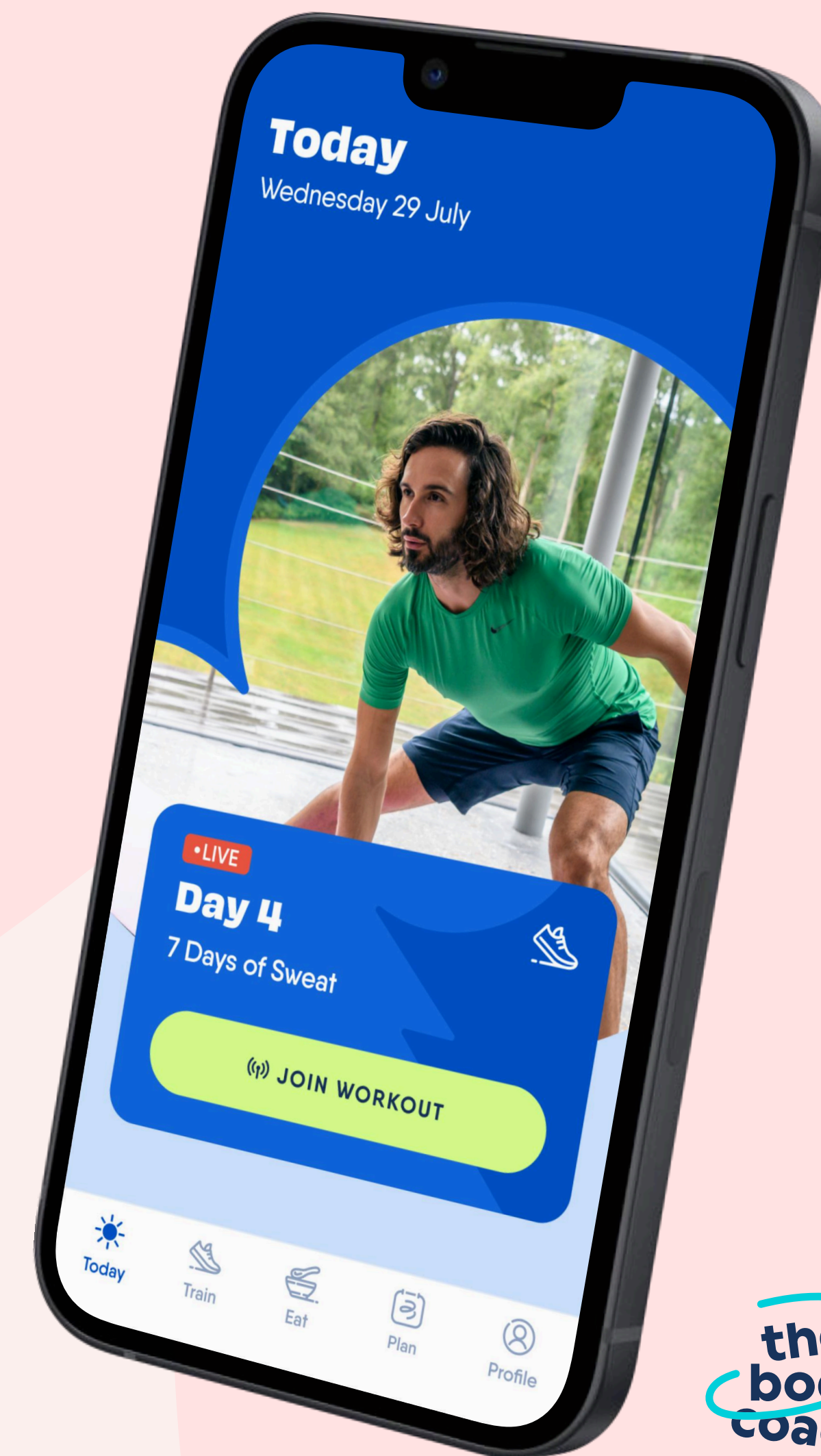
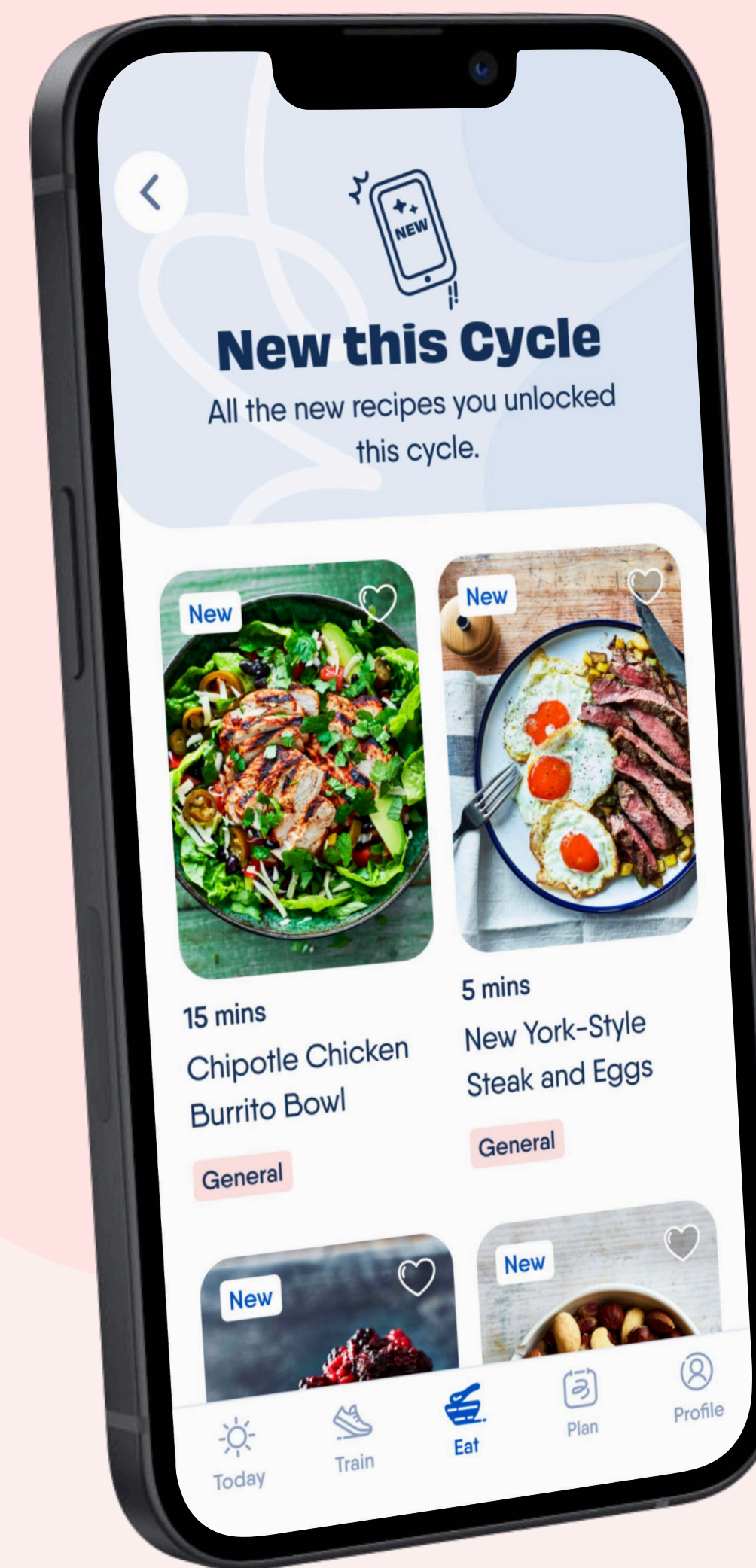
Stress, depression & anxiety are the leading reasons for time off work. And with overall happiness and life satisfaction in the UK falling while obesity rates continue to rise, it's never been more important to support your employees in improving their physical and mental health.



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

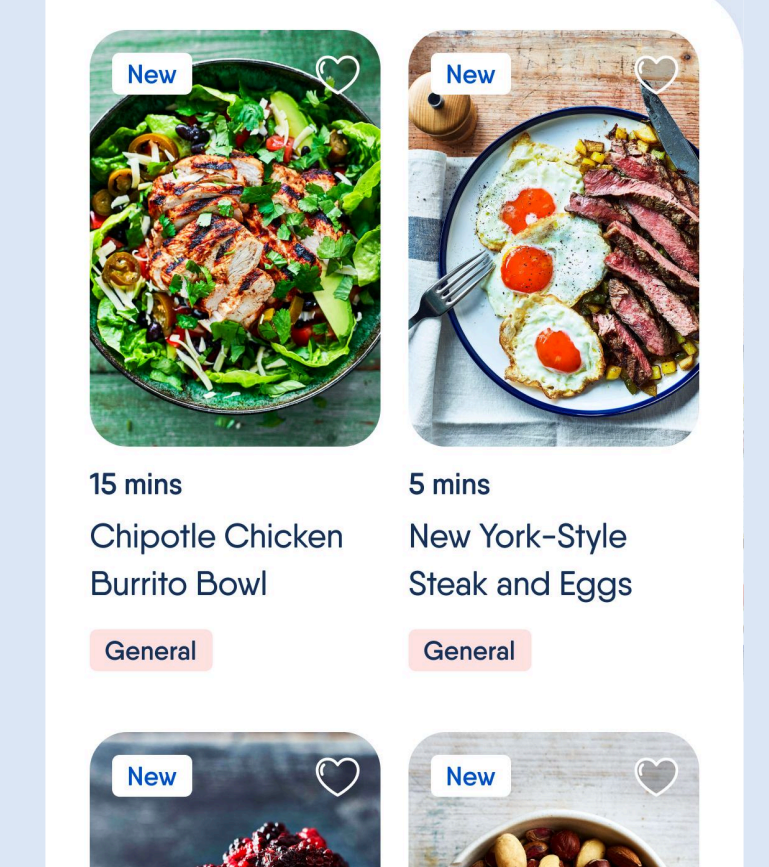
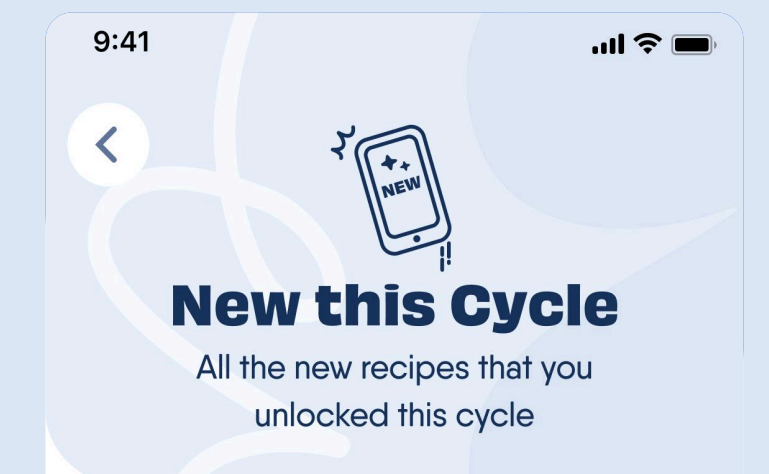
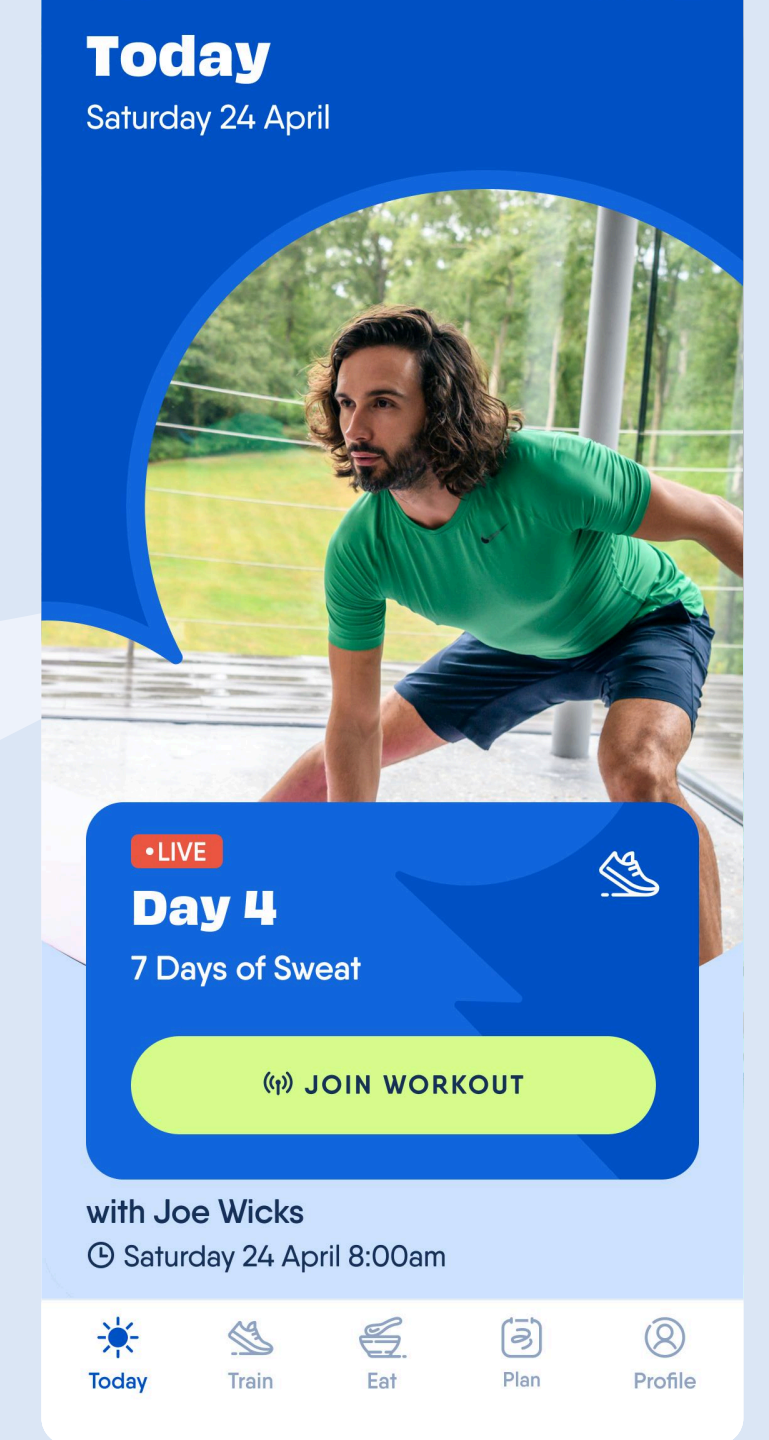
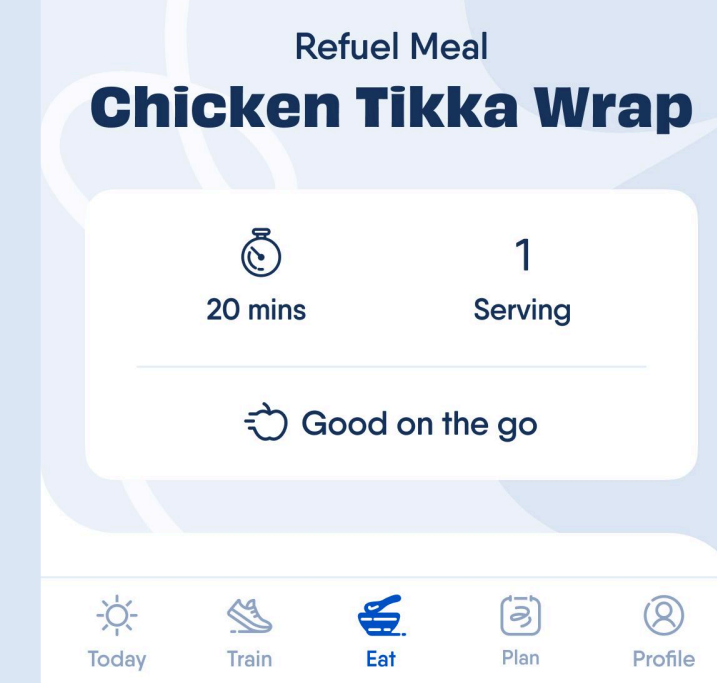
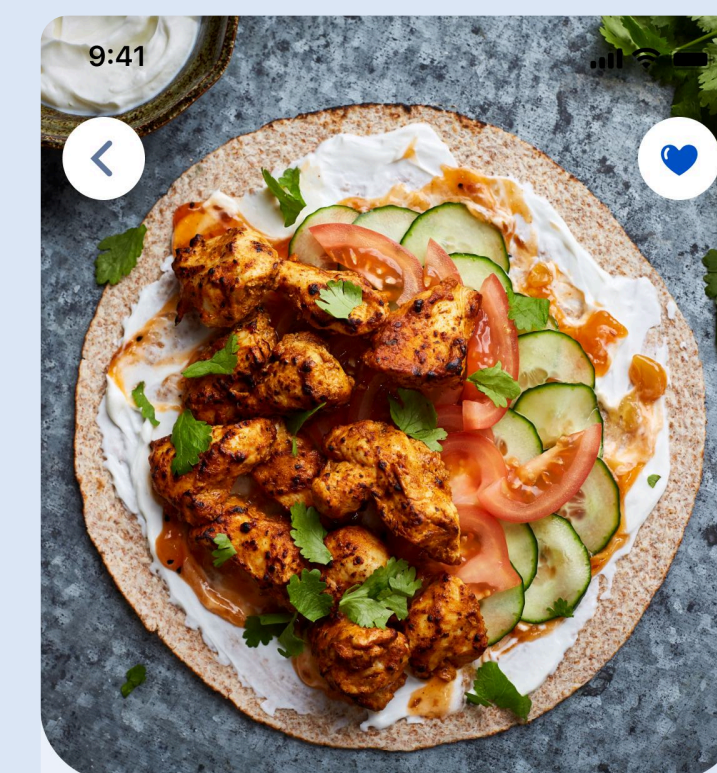
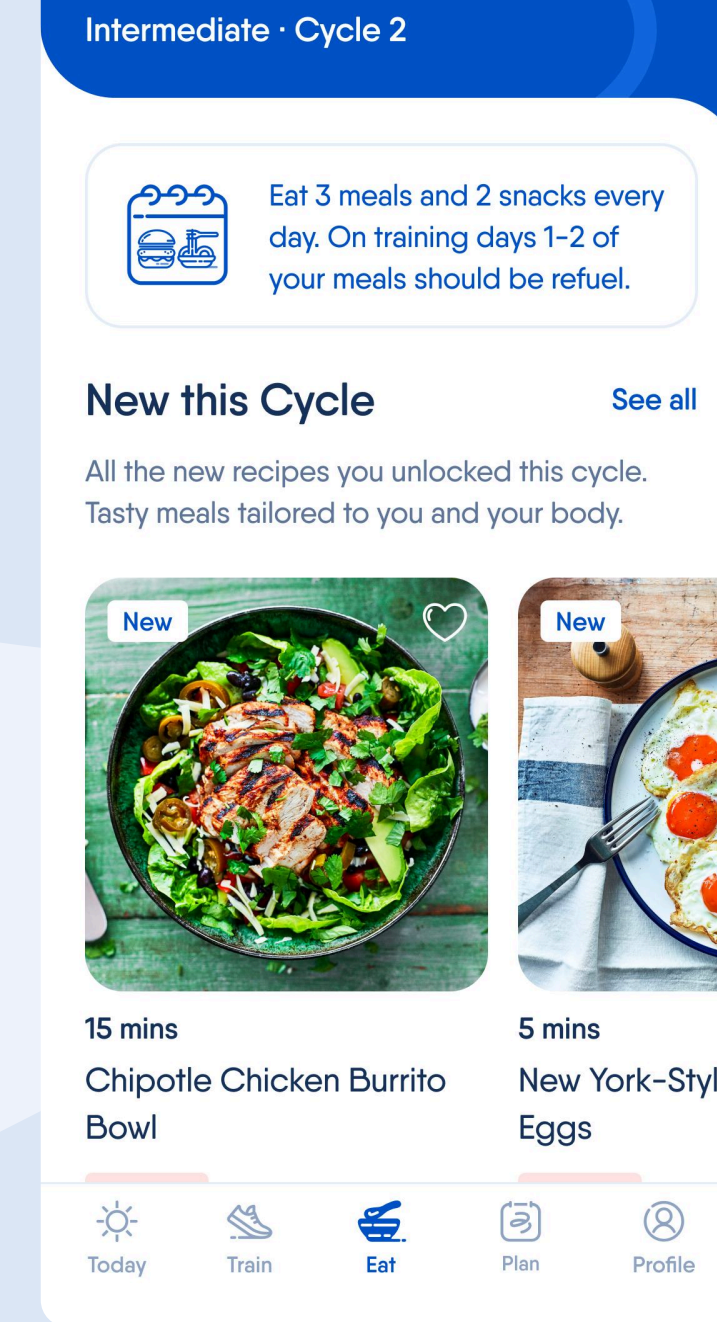
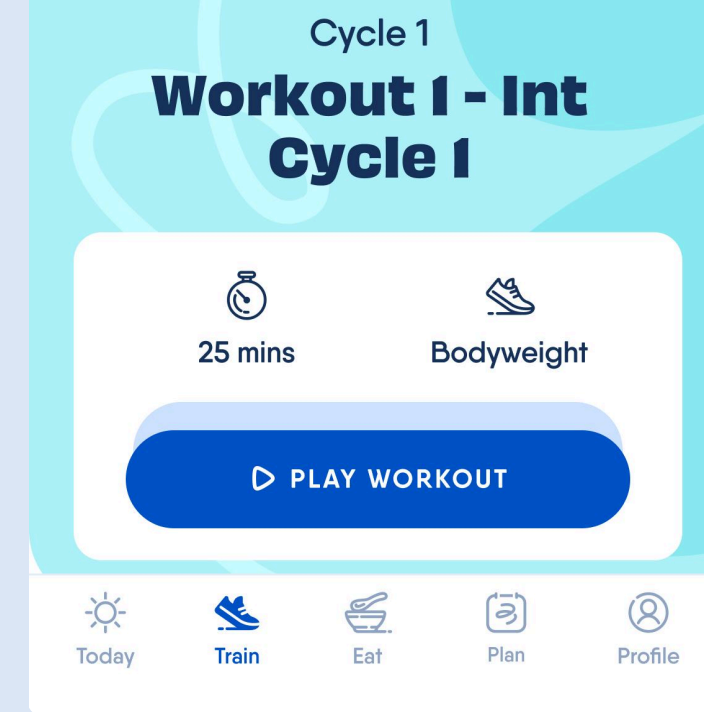
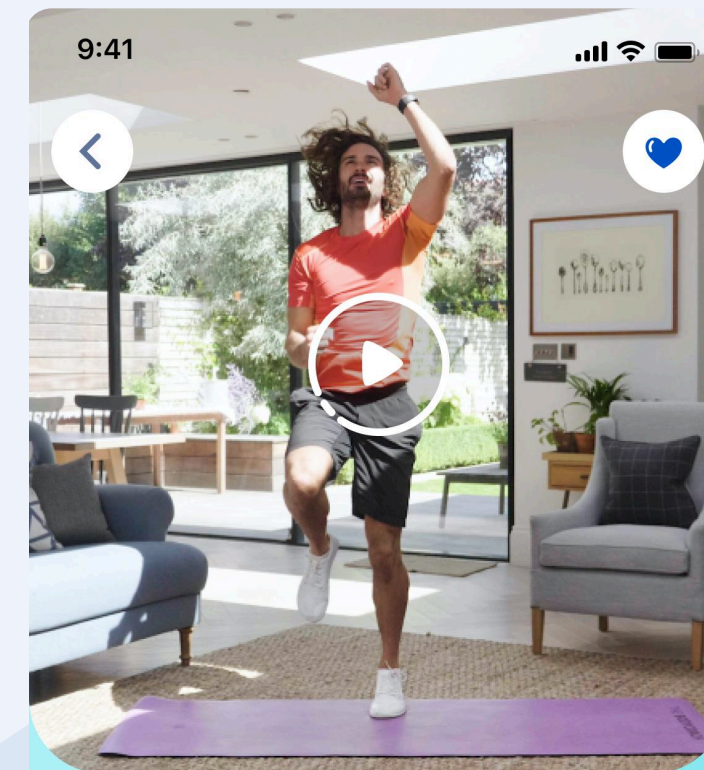
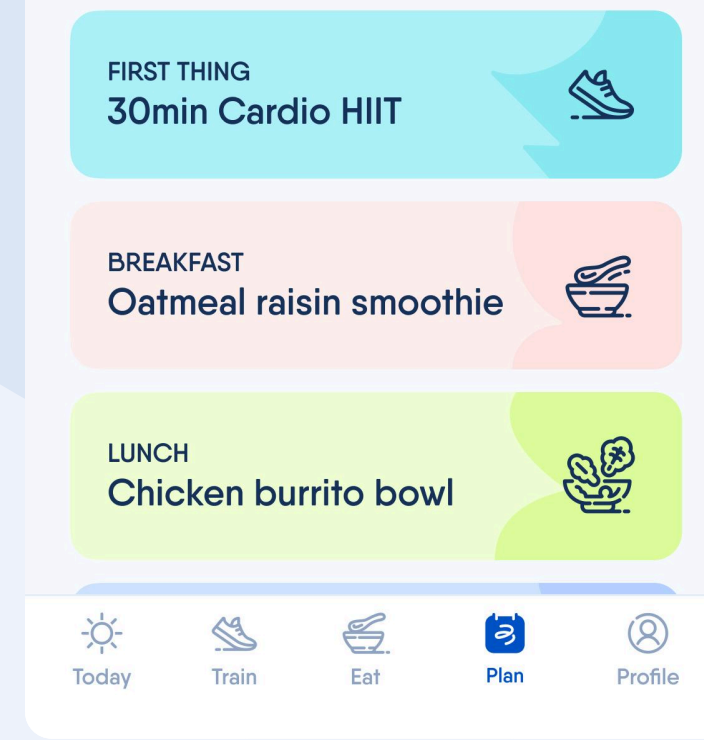
Introducing The Body Coach App

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



Discover more about how the app can support your employees with this short overview from Joe.

WATCH OVERVIEW



THE ALL-IN-ONE APP TO IMPROVE AND SUSTAIN A HEALTHY, HAPPY WORKFORCE.

When exercising and healthy eating is simple, easily accessible and enjoyable, it's more sustainable. That's why each user gets a tailored fitness and nutrition programme which progresses monthly to support their journey.



Structured, guided workout programme



Tailored & progressive for every fitness level



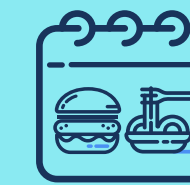
Quick, but effective ~30 min workouts



Live workouts and regular challenges



Tasty recipes with portions tailored to each individual



Options for every moment of the day



Accessible to all, whether at home, in a gym or in the office. Minimal space, equipment or time required meaning everyone can get involved.

**READY TO CREATE A
HEALTHIER, HAPPIER
WORKFORCE IN YOUR
ORGANISATION?**



SELF-SERVE EMPLOYEE SUBSCRIPTION ADMINISTRATION

Once you've signed up to The Body Coach for Work, you'll be given access to our Partner Portal where you can easily manage your employees subscription access.

- Get visibility of subscription enrollment within your organisation
- Add or remove employees, either individually or via bulk upload
- Create accounts immediately, without needing to contact The Body Coach team.

What to understand more about how the portal works? Check out this [quick demo video](#) from the Head of Product.



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.

5-50 SUBSCRIPTIONS

Annual subscription of £29.99 per user, per year using our self-serve model

200+ SUBSCRIPTIONS

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



WHAT OTHER BUSINESSES ARE SAYING

gousto

“Once you’ve signed up to The Body Coach for Work, you’ll be given access to our Partner Portal where you can easily manage your employees subscription access.”

– **Timo Boldt, Founder**

 **lululemon**

“Once you’ve signed up to The Body Coach for Work, you’ll be given access to our Partner Portal where you can easily manage your employees subscription access.”

– **Calvin McDonald, Founder**

**WANT MORE INFORMATION
ABOUT THE BODY COACH
FOR WORK, OR WOULD LIKE
TO GET STARTED?**

**REQUEST A CALL
WITH OUR TEAM [HERE](#)**