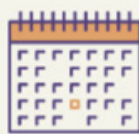




Workplace Wellbeing Activity Planner

Design a programme for your workplace with the
Wellbeing **[IMPACT]** principles built-in:

*Inclusive and diverse, Measurable results, Planned for the long term, Accessible and fun,
Champion-led and Tailored to your work environment.*



DESIGN YOUR 12-MONTH PROGRAMME

1. Choose one of our 3 programme levels

They are designed to provide peace of mind, knowing that your wellbeing approach is built on the [IMPACT] principles and structured over time. Each level includes access to the SuperChamps programme and our monthly content subscription, with the additional option to tailor your subscription topics in the Transform level. The planning modules comprise the support and consultancy you'll receive from us to implement your programme.

2. Select your live modules

Based on the number of credits included in your programme, you can pick and mix the activities that work for you.

This planner is intended to help you design your 12-month programme by choosing from our seasonal selection of suggested topics in the pages that follow. Don't hesitate however to choose topics listed in different months, as this is just a guide and we'll work flexibly to suit your requirements.

Live Activities

1 Webinar

½ Day on-site

Full Day on-site

Full Day on-site
(2 Practitioners)

6 Week Programme

SuperWellness
Online Challenge

Credits



Planning Support

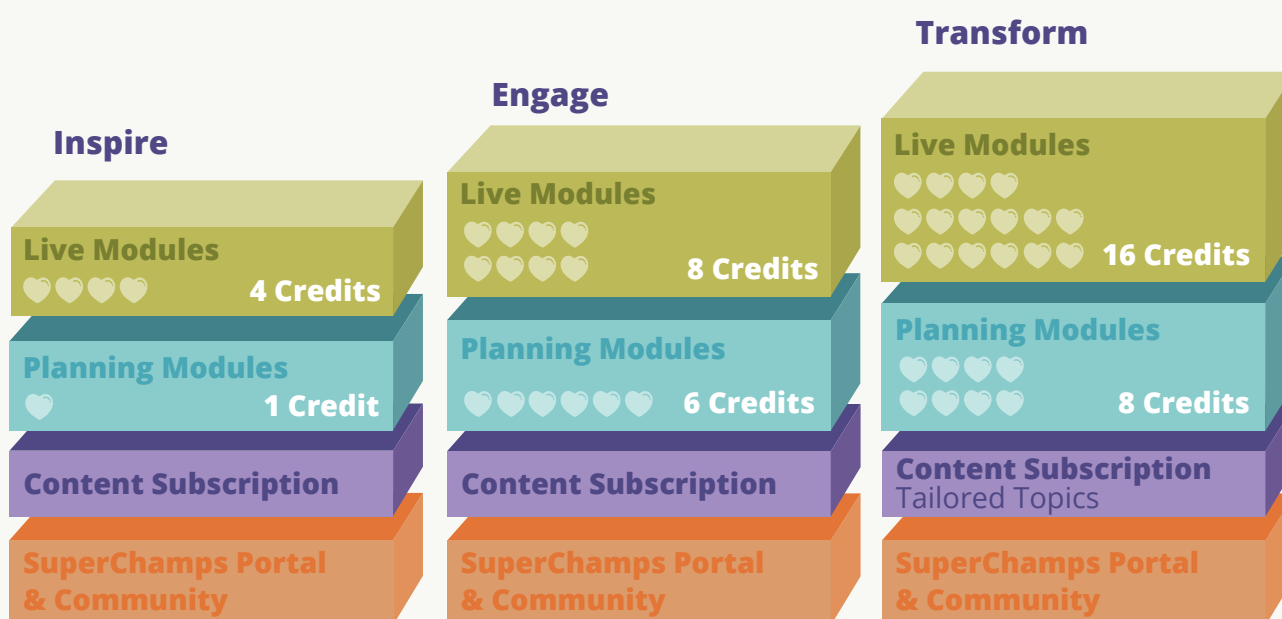
Initial Planning

Health Questionnaire
& Report

Presence / Presentation
at your team meeting
(virtual)

Progress planning
meeting (virtual)

Credits



Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Metabolic Boost: Lose Weight & Gain Energy Webinar

Tired of diets and food guilt trips? Start focusing on healthy metabolism and discover science-based ways to solve weight issues for good.

The Alcohol-savvy Action Plan Webinar

Cutting down on alcohol, even for just 21 days, can pay huge dividends: clearer healthier skin, weight loss, feeling healthier and mentally stronger.

Detox & Re-energize Webinar

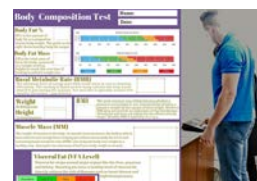
We take a look at the science behind detoxification and the hype-free approaches which really do work.

Plant Power Webinar

How to maximise the benefits of plant-based foods in your diet, whether you 'hate your greens' or you've gone all the way and embraced a vegan diet.

Body Composition Testing On-site activity

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.



Plan, gather feedback & input, and fine-tune as your programme evolves with our **PLANNING MODULES**



Schedule an onboarding session for your team



Measure progress with our wellbeing questionnaire & report



Meet with us to go through your session feedback and plan the next stage

Engage a diverse audience with a drip-feed of fresh content from our **CONTENT SUBSCRIPTION**

Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Vegan Diets



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Healthy Weight Loss
- Detox Tips
- Visceral Fat

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Heart Health Webinar

Learn facts and myths about heart health and our 6-point plan for lifestyle-led prevention.

Beating Anxiety Webinar

The physiology of anxiety, and the diet and lifestyle habits that help improve our coping mechanisms.

Food for the Mind Webinar

Nutrition and Lifestyle strategies to boost mental wellbeing, performance and stress resilience.

Preventing Fatigue & Burnout Webinar

How to avoid the pitfalls of long-term stress and rewire your brain to combat fatigue and burnout.

6-Week Metabolic Kick-start / 3-Month SuperWellness Challenge start

Longer-term programme
Support your employees to achieve lasting and measurable results with our longer-term programmes.



PLANNING MODULES

Plan, gather feedback & input, and fine-tune as your programme evolves with our **PLANNING MODULES**



Schedule an onboarding session for your team



Measure progress with our wellbeing questionnaire & report



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CONTENT SUBSCRIPTION

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Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Cancer prevention — reducing risk factors



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Salt Awareness
- Longer, Healthier Life
- Heart Health

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Nutrition Discovery Session Webinar

Discover how nutrition can help us prevent illness, feel stronger and more energetic, as well as influence our brain chemistry to boost mood and our ability to cope with stress.

From blood sugars and metabolism to the role of digestion, micronutrients and hydration.



The Super WFH Nutrition & Exercise Plan Webinar

5 steps to thriving when working remotely:

- Putting a structure in place
- Creating your healthy environment at home
- Trying out new recipes for breakfast, snacks and mains
- Boosting your immune system
- Keeping positive.



8 Steps to Better Sleep Webinar

Identify your hidden causes of poor sleep, from nocturnal blood sugar fluctuations to hormones and create your personal plan to sleep better now.



Brain Performance Webinar

Learn to boost your creativity and problem solving ability.

Diet and lifestyle tips for a sharp brain.



Touch & Taste On-site food demo

Be inspired with easy, delicious food ideas you can put into practice at home.

Tailor your session to focus on healthy lunchbox ideas, breakfast, snacks or smoothies.



Plan, gather feedback & input, and fine-tune as your programme evolves with our **PLANNING MODULES**



Schedule an onboarding session for your team



Measure progress with our wellbeing questionnaire & report

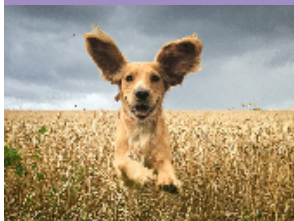


Meet with us to go through your session feedback and plan the next stage

Engage a diverse audience with a drip-feed of fresh content from our **CONTENT SUBSCRIPTION**

Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Natural Energy Boosts



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Eco-friendly Eating
- Healthy Food Shopping
- Hydration Tips

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

10 Steps to a Healthy Digestion Webinar

We look at practical ways that digestive problems can be improved using specific nutrition and lifestyle measures.



Eco-friendly Eating Webinar

Be in the know when it comes to sustainable food choices. We share realistic tips and ideas for taking care of the planet as well as our health.



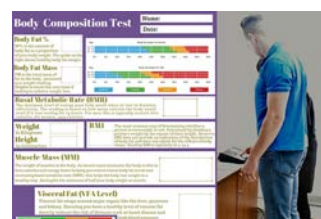
The Stress-busting Action Plan Webinar

What is stress and how to manage it through diet and lifestyle.

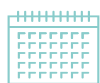


Body Composition Testing On-site activity

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.



Plan, gather feedback & input, and fine-tune as your programme evolves with our **PLANNING MODULES**



Schedule an onboarding session for your team



Measure progress with our wellbeing questionnaire & report



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Engage a diverse audience with a drip-feed of fresh content from our **CONTENT SUBSCRIPTION**

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Digestive Health



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- **Building Resilience**
- **Let's Get Fit**
- **Food Sensitivities**

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Boost your Fitness Webinar

How to maximise the benefits of exercise in a way that's achievable at any age and fitness level.



Building Resilience Webinar

Learn to relax and create a strong and positive mindset, including strategies to optimize mental resilience.



Food for the Mind Webinar

Nutrition and lifestyle strategies to boost mental wellbeing, performance and stress resilience



6-Week Metabolic Kick-start / 3-Month SuperWellness Challenge start

Longer-term programme

Support your employees to achieve lasting and measurable results with our longer-term programmes with nutritional and lifestyle advice.



PLANNING MODULES

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Schedule an onboarding session for your team



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CONTENT SUBSCRIPTION

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Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Oral Health



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Kids' Nutrition
- Preventing Burnout
- Feel-good Foods & Serotoning Boosting Habits

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

The Sugar Freedom Plan Webinar

How do you know if your sweet tooth is actually a problem and what can you do about it?

Nutrition for a Longer, Healthier Life Webinar

We look at nutritional and lifestyle habits which minimise risk factor and contribute to longevity as our health.

Men's Health Webinar

10 steps to minimise the key risk factors for men's physical and mental health, from healthy testosterone levels to emotional wellbeing.

Body Composition Testing On-site activity

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.



PLANNING MODULES

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CONTENT SUBSCRIPTION

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Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Grow your Own



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Respiratory Health
- Healthy Home Office
- Sugar Cravings Busting Tips

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Summer Wellness

Webinar

How to make the most of the warmer months whilst preventing the pitfalls, from sunburn to food poisoning and hayfever.



Creating an Effective Work-Life Balance

Webinar

Strategies to recharge and maintain healthy boundaries when working from home.



Boost your Energy!

Webinar

Do you wake up feeling drained or get hit by performance-sapping energy lows during the day? Learn how to boost mental and physical energy naturally.



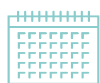
Touch & Taste

On-site food demo

Be inspired with easy, delicious food ideas you can put into practice at home. Tailor your session to focus on healthy lunchbox ideas, breakfast, snacks or smoothies.



Plan, gather feedback & input, and fine-tune as your programme evolves with our **PLANNING MODULES**



Schedule an onboarding session for your team



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Engage a diverse audience with a drip-feed of fresh content from our **CONTENT SUBSCRIPTION**

Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

The Power of Nature



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Sun Health
- Plant Power
- Sports Nutrition

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

AUGUST

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Healthy in a Hurry Webinar

Learn how to select and prepare healthy meals and snacks no matter where you are — at work, on the road or in your own kitchen.



Mindfulness Webinar

Practise mindfulness techniques and learn lifestyle habits and tips to minimise stress and anxiety.



Summer Wellness Webinar

How to make the most of the warmer months whilst preventing the pitfalls, from sunburn to food poisoning and hayfever.



PLANNING MODULES

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CONTENT SUBSCRIPTION

Engage a diverse audience with a drip-feed of fresh content from our **CONTENT SUBSCRIPTION**

Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Food Storage Tips



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Perfect Smoothies
- Skin Health
- Take a Break

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

SEPTEMBER

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

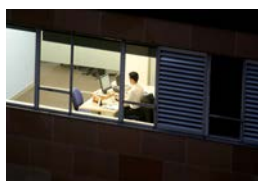
8 Steps to Better Sleep Webinar

Identify your hidden causes of poor sleep, from nocturnal blood sugar fluctuations to hormones and create your personal plan to sleep better now.



Healthy Meal Planning for Shift Work Webinar

Gain an understanding of the natural body clock rhythm and how to plan meals and lifestyle habits for optimal healthstronger.



Building Resilience Webinar

Learn to relax and create a strong and positive mindset, including strategies to optimize mental resilience.



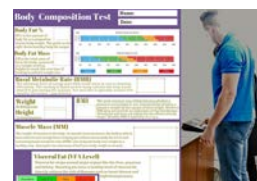
Heart Health Webinar

Learn facts and myths about heart health and our 6-point plan for lifestyle-led prevention.



Body Composition Testing On-site activity

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.



PLANNING MODULES

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Schedule an onboarding session for your team



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CONTENT SUBSCRIPTION

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Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Migraines & Headaches



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Eye Health
- Healthy Blood Pressure
- Shift Work and Body Clock
- Sleep

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

OCTOBER

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Women's Health Webinar

Follow our evidence-based '10 step plan' and feel empowered to support hormonal health naturally whatever life stage you are at.

Understanding & Embracing the Menopause Webinar

Our 10-point practical plan to support your body and mind for a smoother transition into this phase of life.

Creating an Effective Work-Life Balance Webinar

Strategies to recharge and maintain healthy boundaries when working from home.

Musculoskeletal Detective Webinar

4 diet and lifestyle pillars to help prevent and manage back and joint pain, bone fragility and RSI.

6-Week Metabolic Kick-start / 3-Month SuperWellness Challenge start

Longer-term programme

Support your employees to achieve lasting and measurable results with our longer-term programmes with nutritional and lifestyle advice.



PLANNING MODULES

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Schedule an onboarding session for your team



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CONTENT SUBSCRIPTION

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Menopause



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Brain Performance
- Women's Health
- Beating Addictions
- Beating Anxiety

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

NOVEMBER

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Men's Health

Webinar

10 steps to minimise the key risk factors for men's physical and mental health, from healthy testosterone levels to emotional wellbeing.



The Stress-Busting Action Plan

Webinar

What is stress and how to manage it through diet and lifestyle.



The Alcohol-savvy Action Plan

Webinar

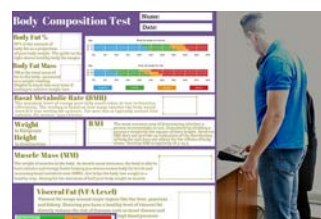
Cutting down on alcohol, even for just 21 days, can pay huge dividends: clearer healthier skin, weight loss, feeling healthier and mentally stronger.



Body Composition Testing

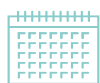
On-site activity

Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.



PLANNING MODULES

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CONTENT SUBSCRIPTION

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Receive our scheduled topic, highlighted below on the left, or create your tailored plan by choosing from any of the topics available with the **Transform** programme

Eating on a Budget



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

- Alcohol-savvy Tips
- Men's Health
- Stress Busting Tips
- Immune Boosting Tips

SUPERCHAMPS

Support your Wellbeing Champions with 'done-for-you' toolkits and a community of peers with our **SUPERCHAMPS PORTAL & COMMUNITY**



Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)

DECEMBER

LIVE MODULES

Connect colleagues and mobilise engagement with our **LIVE MODULES**



1-hour webinar, includes promotional support, recording and additional resources



Half-day or Full-day on-site activities



Longer term programmes

Choose from our suggested events below:

Winter Wellness Webinar

How to stay healthy this winter and make the most of the festive season — including tips for immunity, mental health and food and exercise motivation.



The Power of Social Wellbeing Webinar

10 steps to cultivate healthy, supportive and effective relationships in and outside of work.



Digital Detox Webinar

Reflect on the benefits of disconnecting and discover five simple steps to achieve a better balance.



Touch & Taste On-site demo

Be inspired with easy, delicious food ideas you can put into practice at home. Tailor your session to focus on healthy lunchbox ideas, breakfast, snacks or smoothies.



PLANNING MODULES

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CONTENT SUBSCRIPTION

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Self Care



20-minute video



Recipe



Poster



Article

Additional topics to choose from, available with the **Transform** programme

▪ **Social Wellbeing**

▪ **Mindfulness**

▪ **Festive Health**

SUPERCHAMPS

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Networking



Regular live events & training



Portal and toolkits (challenges, toolbox talks, resources, signposting)