

The Mobile Physical Co 



## Corporate Fitness Reward Package

[www.mpc-fitness.net/corporate-fitness/](http://www.mpc-fitness.net/corporate-fitness/)

## **Our Objective**

As physical activity provides long term benefits for helping control blood pressure and cholesterol and improve mental wellbeing. We deliver fun team bonding fitness workouts and complete the whole experience with a nutritious lunch provided by our healthy & tasty food partner.

We use dynamic kettlebell, functional bodyweight along with fun team games to make our fitness experience a unique one

This experience is designed as an Employee Reward Package and is meant to be challenging but fun.

## **Workout Itinerary**

The type of exercise circuits performed can be tailored to your needs.

We can deliver:

- a) An energizing whole body workout for de-stressing
- b) An aerobic work for weight management
- c) A beach abs workout focusing on stomach toning

Our service would be to instruct a group of 8-10 employees meeting at your offices.

10min	Introduction & Health & Safety – Injury Prevention Awareness
10min	Light jog down to Lincolns Inns Fields WC2
45min	Energizing circuit performed
10min	Light jog back to your offices and stretch

## **Lunch & Refreshment**

To complete the experience we suggest a nutritious lunch from our healthy choices food partner – Danny’s Gourmet Wraps ([www.dannysgourmetwraps.com](http://www.dannysgourmetwraps.com)). Your staff would order their lunch by 4pm the day before the event and on return to your offices there healthy and nutritious lunch will be waiting for them completing their healthy day experience.

## **Schedule**

We would suggest that a regular day and time is set in the week and run for 6-8 weeks.

## **Health and Safety**

As serious fitness professionals we are committed to the aspect of health and safety. A Pre-activity Readiness Questionnaire (PARQ Form) will need to be completed by all team members before the event. We will email copies for your team to fill out.

We are happy to provide a risk assessment of the event and are fully insured for your safety.

## **Summary**

We believe this is a great opportunity to provide your employees with a unique, fun and healthy experience as a reward for working for you, making your employees more productive and relaxed in the work place.

Please contact us to discuss any aspect of our proposed package at any time to make this experience a success for you and your team.

Regards,

Mark Wignall  
The Mobile Physical Co