



Corporate Package Proposal

<i>Full Corporate Package : E.g. Head Offices</i>				16 Days per year
<i>Tailor made combination Package: E.g. Supermarkets</i>				8 Days per year
Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Time:
Corporate / Screening	Individual Health Screenings	Corporate Screening	Individual Health Screenings	4 days
1 x SKIP2BFIT WORKSHOP	1 x SKIP2BFIT WORKSHOP	1 x SKIP2BFIT WORKSHOP	1 x SKIP2BFIT WORKSHOP	4 x 1/2 day
1 x Health & Nutrition Workshop	1 x Stress Management Workshop	1 x Health & Nutrition Workshop	1 x Stress Management Workshop	4 x 1/2 day
1 day x Drop in lifestyle sessions	1 day x Drop in lifestyle sessions	1 day x Drop in lifestyle sessions	1 day x Drop in lifestyle sessions	4 days
1 x Optional workshop	1 x Optional workshop	1 x Optional workshop	1 x Optional workshop	2—4 days
			Total:	16 days
Packages can be made in any combination to suit corporate needs				

Services:

Corporate Screening
 SKIP2BFIT / BOX2BFIT Workshops
 Employee Well Being Scheme
 Health Education
 Lifestyle and Fitness Management
 Nutrition Analysis
 Massage and Physiotherapy
 Remedial Therapy
 Stress management
 Health Screening

Package Options

Practical workshops can cater for between 1—50 employees.

Theory workshops can cater for 1—200 employees.

Workshops will be run on-site unless otherwise requested.

Drop-in sessions allow employees to access support , advice or guidance on a personal level.