



# Corporate Services Brochure

## Service 1 - Flagship Workshop

£500

This is a motivational talk, which engages the audience and empowers them to make real life changes.

### What this talk includes:

- Myth Busting Quiz designed to re-educate
- Practical tasks using the 'Snack Station'
- Supplements for the 'Corporate Athlete'
- Recipes for the 'Corporate Athlete'
- Information on energy balance and optimal food choices
- Question & Answer
- 'Snacking Start-up Kit' (Bronze) given to every attending employee

### Recommended For:

This workshop crosses all aspects of nutrition and fitness for general health and corporate performance

It can be tailored to your business environment, industry and your employee's level of activity

### Logistics:

15 – 30 employees per workshop - Additional employees may be added at £6pp

### Recommended Add-ons:

- 'Silver' Snacking Start-Up Kit (+£5pp)
- 'Gold' Snacking Start-Up Kit (+£15pp)

Call 07624 207544 or email [lisa@lightningfitness.im](mailto:lisa@lightningfitness.im)

## Service 2 - 60-90 Minute Talks and Seminars

£250/seminar

The talks and seminars below are just a small selection of the most popular workshops we deliver. However, if you have a specific area you would like covered, we can create and deliver a bespoke service on any area of nutrition, health and fitness.

### Talks and seminars on offer:

- Nutrition Myth Busting
- Corporate Fitness and Nutrition – Optimal Health (preventing issues associated with desk based work e.g. obesity, heart disease, diabetes etc.)
- Markers of Health – Diabetes and Heart Disease
- Evidence Based Weight Loss
- Nutrition for the 'Corporate Athlete' – Workplace Performance
- Practical Family Nutrition

### Recommended For:

Companies who have highlighted a specific area of need with regards to improving health or work place performance

### Logistics:

15 – 30 employees per seminar

### Recommended Add-ons:

- 'Silver' Snacking Start-Up Kit (+£5pp)
- 'Gold' Snacking Start-Up Kit (+£15pp)

## Service 3 In-House Clinics

From £50/employee

This option allows you to provide 1-2-1 consultations, one of our core services, on-site to your employees. This service provides bespoke fitness and nutrition advice for each individual, based on their situation and needs that is not possible with group sessions.

Employees can bring food diaries, training programmes etc with them to get instant feedback and specific advice on these.

*Please note, that for drop in sessions such as these, food plans are not provided due to the time constraints of such a service. See 'The Executive Package' for personalised nutrition plans.*

### Recommended For:

This service suits companies who's employees have expressed a desire to talk to a professional concerning specific issues relating to their health or work place performance.

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**Logistics:**

This service requires a small private office room on site.

Minimum of 6 – 8 employees per day

Maximum of 14 – 18 employees per day

**Service 4 Health Screening****From £30/employee**

This service allows you to provide screening for health markers and includes;

- Weight
- Measurements
- Waist / Hip Ratio
- Body Fat Analysis
- BMI
- Skin Fold Calliper Testing

A full and comprehensive report will be produced and emailed to the employee

These health screens can be done regularly to give employees a gauge of their health status over time.

Multiple tests over time give a far greater picture than a single test at any one occasion.

**Logistics:**

This service requires a small private office room on site.

Minimum of 6 – 8 employees per day

Maximum of 10 employees per day

**Service 5 The Executive Package****£300/employee**

This is our most comprehensive corporate service which offers bespoke fitness and nutrition support for key employees.

The service is entirely individualised to suit the specific needs of the individual whether that be maximizing cognitive performance whilst dealing with limited sleep or correcting issues associated with inactivity

- 90-minute Initial Consultation
- One fully analysed food diary
- A personalised supplementation regime
- Health screening tests
- 3 x 1 hour Follow-up Consultations over the period of four months
- Personal nutrition plan plus meal options & Personal Fitness Plan

## Recommended:

For key employees who's workplace performance has a large impact on the company's success  
For employees who have specific health issues that need rectifying.

As a benefit to employees that will promote morale and therefore retention

## Logistics:

The initial consultation can be initiated on or off site (requires a small private office room on site)

- All follow-up consultations will take place remotely via alternative methods
- This service works extremely well in conjunction with our Flagship Workshop

## Add-ons

### **Snacking Start-up Kits      £Various**

This is a brand new corporate nutrition service!

We now offer every attendee to The Flagship Workshop a Snacking Start-Up Kit which contains some of the recommended foods/snacks that are mentioned during the workshop.

This has come from feedback that once people are actually given these foods and are able to swap them for their usual options, they are much more likely to make the effort to go out and buy such foods for their own desk draws!

### **Bronze      (£8/employee)**

This includes:

- 1 x Protein Bar
- 170g TOTAL Greek Yoghurt
- 1 x Protein Sachets
- Trail Mix
- Recipe Cards

### **Sliver      (£13/employee)**

This includes:

- All of items of 'Bronze' PLUS...
- 1 x Graze Box (top choices)

### **Gold      (£25/employee)**

This includes:

- All of items of 'Bronze' & 'Silver' PLUS...
- 1 x tub Vitamin D3
- 1 x tub Fish Oils

The Gold option contains true health and performance improving food supplements

## Recommended For:

Companies wanting to give that little bit extra to their employees.

## Logistics:

These start-up snack packs are available with any workshop, talk or seminar and are given to every attendee. The Bronze Start-Up Kit comes as standard as a complementary part of the Flagship Workshop.

## Further Services

£Various

Should you want us to provide any other nutritional services we would be happy to work with you to create the project you desire.

Here are just a few other examples of additional services;

- Nutrition information stand for employees
- Workplace Health & Wellness initiatives
- Workplace fitness and nutrition posters
- Nutritional analysis & calorie labelling in canteen
- Consultancy for retail sector
- Consultancy on company menus/snack trolleys
- New product development
- Advice on exercise and activity

Should you like to discuss any of the services contained within this brochure please do not hesitate to get in touch with us.

If you would like us to create a bespoke programme for your company, based on your employee needs then we would be more than happy to discuss your requirements and create a proposal for you.

Call Lisa on 07624 207544 or email [lisa@lightningfitness.im](mailto:lisa@lightningfitness.im)