

REGISTER
FREE
TODAY

COURTESY OF
CBRE

SUPPORTING

HOW
**ACTION FOR
CHILDREN**
WORKS

WORKPLACE **VIRTUATHON**[®]

KICK-START A FITTER, HEALTHIER AND HAPPIER YOU

4TH JUNE – 29TH JULY



LIMITED AVAILABILITY

  /Virtuathon

VIRTUATHON SEEN IN



REGISTER
FREE

PERFECT FOR
BEGINNERS

TY LIMITED AVAILABILITY LIMITED AVAILABILITY LIMITED AVAILABILITY



Workplace **Virtuathon** is an eight-week wellbeing programme that encourages positive lifestyle choices both in and out of the workplace. It's delivered daily via the Get Event Fit app for your convenience and cumulates in a 'virtual' physical activity challenge with a Virtuathon medal as a reward.

CBRE WORKPLACE **VIRTUATHON**[®] 4TH JUNE – 29TH JULY

EXCLUSIVELY AVAILABLE FREE TO EMPLOYEES
WORKING IN SELECTED CBRE MANAGED BUILDINGS

REGISTRATION CLOSING FRIDAY 1ST JUNE

8

WEEK

WELLBEING PROGRAMME, APP, PHYSICAL CHALLENGE & MEDAL



FITNESS



NUTRITION



MINDSET



GET EVENT FIT mobile app



Daily motivation, education & guidance



5K and 10K 'virtual' challenges



Walk, jog or run at your own pace



Virtuathon medal



WELLBEING



HEALTH



MOTIVATION

WorkplaceVirtuathon.com/CBRE

