

NEW!



ROUNDTABLE

“This is a fantastic initiative to help fundraise for local Tables whilst encouraging colleagues and local businesses to get more active, motivated and healthier”

Richard Holland
President of National Association
of Round Tables Britain & Ireland

WORKPLACE VIRTUATHON[®]

INSPIRING PHYSICALLY ACTIVE & HEALTHIER WORKPLACES

4TH JUNE – 29TH JULY



  /Virtuathon

#DOMORE

VIRTUATHON SEEN IN



20%
DONATED TO
ROUNDTABLE

Workplace Virtuathon is an eight-week, employee wellbeing programme delivered daily via the Get Event Fit app that cumulates in a 'virtual' physical activity challenge with a Virtuathon medal as a reward. It's designed to maximise employee participation, especially beginners and the less active, and encourage positive lifestyle choices that help reduce stress and increase motivation in the workplace.



ROUNDTABLE

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

Register before 18th May to **SAVE 20%**

REGISTRATION CLOSES 30TH MAY

8
WEEK

**WELLBEING PROGRAMME, APP,
PHYSICAL CHALLENGE & MEDAL!**



FITNESS



NUTRITION



MINDSET




WELLBEING



HEALTH



MOTIVATION

-  **GET EVENT FIT** mobile app
- Daily motivation, education & guidance
- 5K and 10K 'virtual' challenges
- Walk, jog or run at your own pace
- Reward medal



WorkplaceVirtuathon.com/Round-Table