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I couldn't find anything even close to what Workplace Virtuathon offers



# WORKPLACE VIRTUATHON<sup>®</sup>

WELLBEING PROGRAMME • CHALLENGE • MEDAL

[WORKPLACEVIRTUATHON.COM](http://WORKPLACEVIRTUATHON.COM)

- ✓ REDUCE PHYSICAL INACTIVITY
- ✓ IMPROVE MENTAL WELLBEING
- ✓ BUILD TEAM SPIRIT



INSPIRE. EDUCATE. REWARD



THE WORKPLACE WELLBEING CHARTER



Workplace Virtuathon is a fun, engaging and affordable way for companies to encourage employees to take responsibility for their own wellbeing, helping to reduce physical inactivity, improve employee mental wellbeing, build team spirit and inspire a motivated workforce. The CPD accredited programme is delivered daily in 'bite-sized' snippets over eight weeks via our mobile app to guide, educate and prepare participating employees for their 'personal' physical activity challenge. Successful completion is rewarded with a fantastic Virtuathon medal.

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**8**  
WEEK

## EMPLOYEE WELLBEING, LIFESTYLE & PHYSICAL ACTIVITY PROGRAMME

Employees are taken along a guided journey to help them understand the impact of diet, stress, mindset and physical activity on their health to encourage positive lifestyle choices, both in and out of the workplace. The programme weaves together related education from fitness, nutrition, healthy eating, mindset, meditation, yoga and much more.



FITNESS



NUTRITION



MINDSET



WELLBEING



HEALTH



MOTIVATION

- ✓ 8-WEEK PROGRAMME
- ✓ PHYSICAL CHALLENGE
- ✓ REWARD MEDAL



Available on the  
App Store

ANDROID APP ON  
Google Play

VIRTUATHON SEEN IN

