

COMPANY  
PERSONALISED



WORKPLACE  
**VIRTUATHON**<sup>®</sup>  
8-WEEK WELLBEING & FITNESS PROGRAMME



Encouraging a more  
physically active, healthier  
and motivated workforce

# 10%

DONATED TO  
YOUR CHARITY

## WORKPLACE VIRTUATHON®

WALK, JOG OR RUN AT YOUR PACE

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.



TRAINING DELIVERED BY  
**GET EVENT FIT®**



# 8 WEEK

## WELLBEING PROGRAMME, PHYSICAL CHALLENGE, MOBILE APP & MEDAL



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



WORKPLACE VIRTUATHON.com