

# CONTRIBUTING TO STAFF WELLNESS

## How we can screen your staff in the workplace

	Body Check		Body Check Plus
1. Height/Weight	•	•	•
2. % Body Fat	•	•	•
3. Body Mass Index (BMI)	•	•	•
4. Hydration Levels	•	•	•
5. Metabolic Rate (BMR)	•	•	•
6. Lung Function	•	•	•
7. Blood Pressure	•	•	•
8. Blood Glucose	•	•	•
9. Cholesterol	•	•	•
11. Nutrition and Fitness Guide	•	•	•
12. Personal Report & Consultation	•	•	•

## PACKAGES

### Option One - Approx £46 per person

- Wellness Screening and one workshop.
- One Wellness Consultant provided to screen 14 staff.
- Deliver one workshop for up to 25 staff on the same day.

### Option Two - Approx £38 per person

- Wellness Screening Only.
- One Wellness Consultant can screen 18 staff in one day.
- Two Wellness consultants can dual-screen 28 staff in one day.

### Option Three - Approx £38 per person

- Wellness Screening and Workshop run in tandem.
- Two Wellness Consultants run screening and workshops in tandem.
- Can deliver screening to total of 20 staff in one day.

### Option Four - £500 Daily Rate

- Wellness Workshops Only
- One Wellness Consultant Trainer for delivery

## **Height / Weight / Body Mass Index / Basal Metabolic Rate**

Body mass Index (BMI) is used to classify health risks associated with excess weight.

Basal Metabolic Rate (BMR) reflects the amount of calories used by the body to maintain bodily functions when at rest. BMR helps to establish how many calories the body needs in a day to achieve weight reduction.

## **% Body Fat / Muscle Mass / % Hydration / Lung Function**

Body Fat is vital to daily body functions. It cushions joints, protects organs, helps regulate body temperature and stores vitamins. Serious health risks are associated with both too much, and too little body fat.

Muscle acts as the body's natural 'fat burning engine' and can be increased through regular exercise and activity.

Suitable hydration levels are essential for concentration, alertness and performance in any role. Headaches are often caused by simple dehydration.

Lung function testing is an excellent aid to show the negative effects that smoking has on the lung.

## **Blood Pressure, Blood Glucose and Cholesterol Screening**

High blood pressure affects over 16 million people in the UK. It rarely has any symptoms and poses a greater risk of stroke and heart attack.

Raised blood glucose levels can be an indicator of diabetes, which can lead to health complications such as hypoglycaemic attacks and other associated health risks, which can cause sickness.

LDL 'bad cholesterol' can build up on artery walls giving an increased risk of stroke and heart disease. HDL 'good cholesterol' is essential for maintaining a healthy heart and prevents narrowing of the arteries. The ratio between LDL and HDL is important to assess health risks.

## **Nourishment Guide**

A 'holistic' approach to encourage step-by-step lifestyle changes. Our guide will encourage nourishment of both the mind and the body to elevate energy levels, improve concentration and increase productivity.

## **Personal Report & Consultant**

There will be an opportunity for staff to discuss the results of any tests and any aspects of health or lifestyle with our consultants.