

ACTIV LIFE PRESENTS

Work Wellness

CHALLENGE

2 FEBRUARY - 13 FEBRUARY

HOW TO SIGN UP

Register your company online at www.pay.theactivlife.com or email louise@theactivlife.com. An invoice will be provided with a one-off sign up fee of CI\$800. Once payment is received, you will get a company-wide login to access our *Work Wellness* online studio of 10 videos and 10 follow up activities.

HOW IT WORKS

Share the login with staff via email with YES/NO buttons — staff who select YES receive the login. This also allows us to track participation numbers, as \$500 of the registration fee from the organisation with the highest participation will be donated to their chosen charity. Invite staff to follow @theactivlife and join our WhatsApp group where we will be sharing fun facts and live practical demos aligned with each day's theme to keep participants motivated and inspired.

PRIZES

A 60-minute private yoga/Pilates class or health coaching session and a 3-month access pass to the Activ Life Online Studio, featuring over 100 yoga and Pilates classes - awarded to two participants from each company.

Activ Life's Work Wellness program is designed to give employees short, impactful daily practices for improving circulation, moving more, reducing stress, eating healthier, and maintaining mental clarity. Sessions are practical, interactive, and require no special equipment. Participate in real time for greater engagement. Share what's working for you, and take on the Daily Challenge for lasting results.

Wellness that works — right at your desk.
Questions? Contact louise@theactivlife.com

@THEACTIVLIFE
WWW.THEACTIVLIFE.COM

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WHAT TO EXPECT

10 bite-sized Lunch & Learns in an easy to digest format to help sustain healthy habits long term, for a fraction of the cost. Employees log into the *Work Wellness* online studio each workday during the Challenge to watch a short video and complete a wellness task. Each session includes a PDF handout with tips, practice ideas, and daily challenges to reinforce wellbeing that lasts.

SCHEDULE

- DAY 1: Uncover 4 different breathing techniques.
- DAY 2: Add wellness breaks into a busy schedule successfully.
- DAY 3: Discover stretches and poses you can do at your desk.
- DAY 4: Posture and ergonomic adjustments to reduce strain.
- DAY 5: Simple and effective movements to boost circulation.
- DAY 6: Build a safe solo yoga practice at home.
- DAY 7: Quick, healthy meals and snacks for busy workdays.
- DAY 8: Find out more about sound therapy for stress relief.
- DAY 9: Practise guided meditation for focus and calm.
- DAY 10: Sleep training tips and techniques for better rest.

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