

ACTIV LIFE PRESENTS

# Work Wellness

## CHALLENGE

### HOW TO SIGN UP

Register your company online at [www.pay.theactivlife.com](http://www.pay.theactivlife.com) or email [louise@theactivlife.com](mailto: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, will be 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.

WHATSAPP  
GROUP



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