



Mini Fitness Workouts

Length: 60min

Delivery modes: Onsite & Virtual Class; Pre-recorded workouts.

Details: Stretching & Fitness Booster sessions are mini fitness classes (10-20 minutes) that aim to improve musculoskeletal health and promote physical wellbeing. It is particularly useful for workplaces that operate in shift patterns - retail, manufacturers, warehouses, construction, hospitality and healthcare settings. Stretching & Fitness Booster Sessions suit workplaces with high employee numbers. Employees can join in for mini 10 minute sessions or stay for the whole 50.

These mini fitness sessions are designed for employers with shift workers - giving an opportunity for employees to have fitness breaks and keep energy levels high. This format allows you to maximise time efficiency and resource distribution, without disrupting workplace productivity.

Benefits include:

- These booster sessions are wonderful to break up monotony.
- They provide an energy boost.
- They help with joint and muscle health.
- They are also a great way to manage stress.
- The energy boost does wonders for blood circulation and heart health.
- It's a great way to manage high blood pressure levels, prevent diabetes, and create a health-conscious workplace.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.