



Smoothie Bike Session

Length: 1hr - 3 days+

Delivery modes: Onsite Sessions; Team Away Days; Conferences; Recruitment Fairs.

Details: This session blends Fun, Fitness & Fresh Fruit to create a wholesome team bonding session. This makes a great Cardiovascular Health Strategy - and provides an interactive element when educating, nurturing and encouraging healthy nutrition habits.

It's also a creative way to relieve stress. The combination of a physical exertion when blending, giggles with colleagues, and a healthy smoothie afterwards is a great mood elevator.

Book Smoothie Bikes to generate engagement during your next Team Building Day / Wellbeing Week / Exhibition / Conferences / Graduate Recruitment Fair.

Would you like more than one bike?

Would you like us to arrange all fruits, greens, superfood ingredients for a "no worries" package?

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