



## **COVID-19 Health & Wellbeing Program**

Support for your workforce at no cost to your business!

With the new government enforced lockdown Health and Wellbeing is more important than ever!

Everyone is feeling the pressure;

As a business, you have the worry of keeping your business running and afloat in these uncertain times.

As a worker you're fearing for your job security, you're unable to take part in your usual leisure activities and you're missing out on normal social contact. You may also have the pressure of looking after your family from home around work.

Anything we can do support peoples normal routines and keep them healthy is a must right now!

### **How we're helping our staff and our members**

As a gym, we specialise in group training and community. We've adapted our gym timetable to run online with no equipment so all our members need is a smartphone/tablet/laptop with an internet connection to keep training as normal.

### **What we're offering:**

Like other local businesses, we're all weathering this storm together. We believe its times like this is when we should come together to help each other.

Staying active is one of the best ways to reduce stress, stay positive and feel connected to your team. We can't help your bottom line but we can support your staff's health and wellbeing so they can do their job to their fullest capacity.

At no cost to you, we've created a variation of our online program which you can offer to each member of your staff for free during lockdown to support their health and wellbeing.

### **What they get; (The Live Home Fitness Package)**

- Access to 2 of our DAILY Live Online Home Coached Sessions each week.
- Our Recipe eBook with Simple easy to follow nutrition advice.
- Our 30-day library of home workout with exercise videos.
- Access to our social hub where we are collaborating with local businesses to put on extra activities to fill the time during lockdown.



### **Session Times:**

Live sessions run every weekday and on a Saturday morning. Sessions are an hour long and suitable for all fitness levels. Our timetable is:

**9.15am:** Mon, Weds Fri, Sat (9am)

**10am:** Sat

**5.30pm:** Mon, Weds, Fri

**6.30pm:** Mon, Tues, Weds, Thu, Fri

**7.30pm:** Mon, Tue, Thu

### **All we ask in return is you support our business by:**

- Sharing your partnership with us on social media; Facebook, Instagram, LinkedIn, Twitter.
- Sharing the program to your staff.
- Inviting us to other businesses where we can help them too
- A written testimonial at the end of lockdown.

### **More about us:**

Website: [www.next-level.me](http://www.next-level.me)

Online Training Package: [www.next-level.me/lockdown](http://www.next-level.me/lockdown)

Facebook: [www.facebook.com/nextlevelrotherham](https://www.facebook.com/nextlevelrotherham)

### **How to get started:**

Contact Sean at [sean@next-level.me](mailto:sean@next-level.me) to arrange a call.