

One of the best ways to make a dramatic impact across your organisation is with a wellbeing challenge. The shared sense of purpose and focused time frame get people talking and taking action like nothing else.

Our healthy living kickstart team challenge runs for 6, 8 or 12 weeks and includes:

- An introductory workshop for all participants
- An individual consultation for each participant during which we measure a selection of healthy living key performance indicators and discuss and agree a bespoke action plan
- Practical and strategic advice in key wellbeing areas: exercise, healthy eating, mindfulness, sleep, boosting energy, balancing life and creating a positive mindset
- Access to our healthy living portal including a comprehensive library of resources including audio, PDF downloads, tip tips and a wide range of content from industry experts
- Daily motivational emails highlighting proven success strategies
- A concluding 1-2-1 consultation to assess progress with all healthy living KPIs and consolidate each person's long-term plan for healthy living success

Spectacular results

A recent challenge for one of our clients achieved the highest participation for any single event they'd organised.

In just 8 weeks:

- 40% of participants reduced their metabolic age
- 64% lost weight
- One third reduced body fat
- 1 in 5 reduced visceral fat
- 36% improved their hydration

What's equally impressive is that participants have continued with their lifestyle changes following the challenge.

Call 020 8995 1302 or email info@the-tonic.com today to book a challenge