

ONLINE PACKAGES

Package	Content	Cost	How to find out more
Business employee wellbeing Package	Looking to support the wellbeing of your employees through physical activity? I can offer a package that caters for all abilities and is suitable even for those working remotely in these current times. Sessions are tailored for either an interactive small group session or a live Zoom/Microsoft teams events that everyone can join in.	Negotiable (depends on the business size and requirements)	Contact me to discuss your options and the cost A sample costing (2000 employees per virtual sessions) £100 per session
Individual Lifestyle Package	Have you been struggling to find realistic and sustainable ways to reach your goals? The lifestyle package is just what you have been looking for. This includes physical training to improve your fitness and lifestyle coaching to help support with other health improvements and food tips in the form of a book.	Negotiable around what you specifically want included in your package	Contact me to discuss. A sample price for a four week programme (including weekly training session, lifestyle coaching bi-weekly, food tips book and free goal setting and goal review) £160 for four weeks

