



ON-SITE MOVEMENT SPECIALISTS FOR GLOBAL EMPLOYERS

Keep your workforce happy, healthy and moving forward.

Employees spend a lot of time at work, and every new day represents a new work environment for them to adjust and settle in to. Help them stay resilient with empathic, personalised adjustments to their workspace.

Since 1986, we have been at the forefront of helping companies make “moving more” a realistic goal for employees. As a Global Fortune 15 provider of employer-based fitness and wellness solutions, we know that employee inactivity can cause harm to your company’s culture of health.

We embrace research showing that short movement breaks and non-judgmental support can go a long way toward improving employees’ sense of health and well-being.

Movement specialists help promote a happier, healthier global workforce by:

- Delivering in-person workspace assessments
- Assisting with furniture and equipment set-up and adjustment to help reduce the risk of discomfort and injury
- Assessing discomfort levels after adjustments or workspace accommodations have been made
- Providing low-impact movement breaks to energise employees
- Conducting quick, functional movement screenings in between calls
- Teaching posture adjustments and stretching exercises
- Bringing research-backed mobility recommendations right to employees’ desks
- Assisting with equipment and furniture procurement
- Following up with employees to ensure that their new set-up meets their needs
- Collaborating with other on-site and well-being services, particularly the On-site Health Promotion Specialist

Learn how we can help bring your company’s **MOVE MORE** vision to life.



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