

yearly health and wellbeing MOT day

Health and Wellbeing promotion day or half day at your workplace. 1:1 check-ups helping to highlight health and wellbeing areas for staff to work on, group physio sessions for up to date evidence based guidance on posture, and health advice stands will shape the day.

Prior to this MOT day, staff will complete a health and wellbeing needs assessment questionnaire, which will help identify trends to feedback to businesses, which may help guide their training in the future.

Included on the day:

- Height and weight
- Blood Pressure
- Cholesterol
- Stress management / resilience advice
- General health and wellbeing advice based on client questionnaires – for example sleep hygiene, relaxation, weight management, musculoskeletal, diet and exercise, stress management
- Group sessions on ergonomics, posture and manual handling

As part of the day there is also the option to include DSE and ergonomic assessments. Prices will vary depending on the size of your business.