



# Get | Active

D I G I T A L

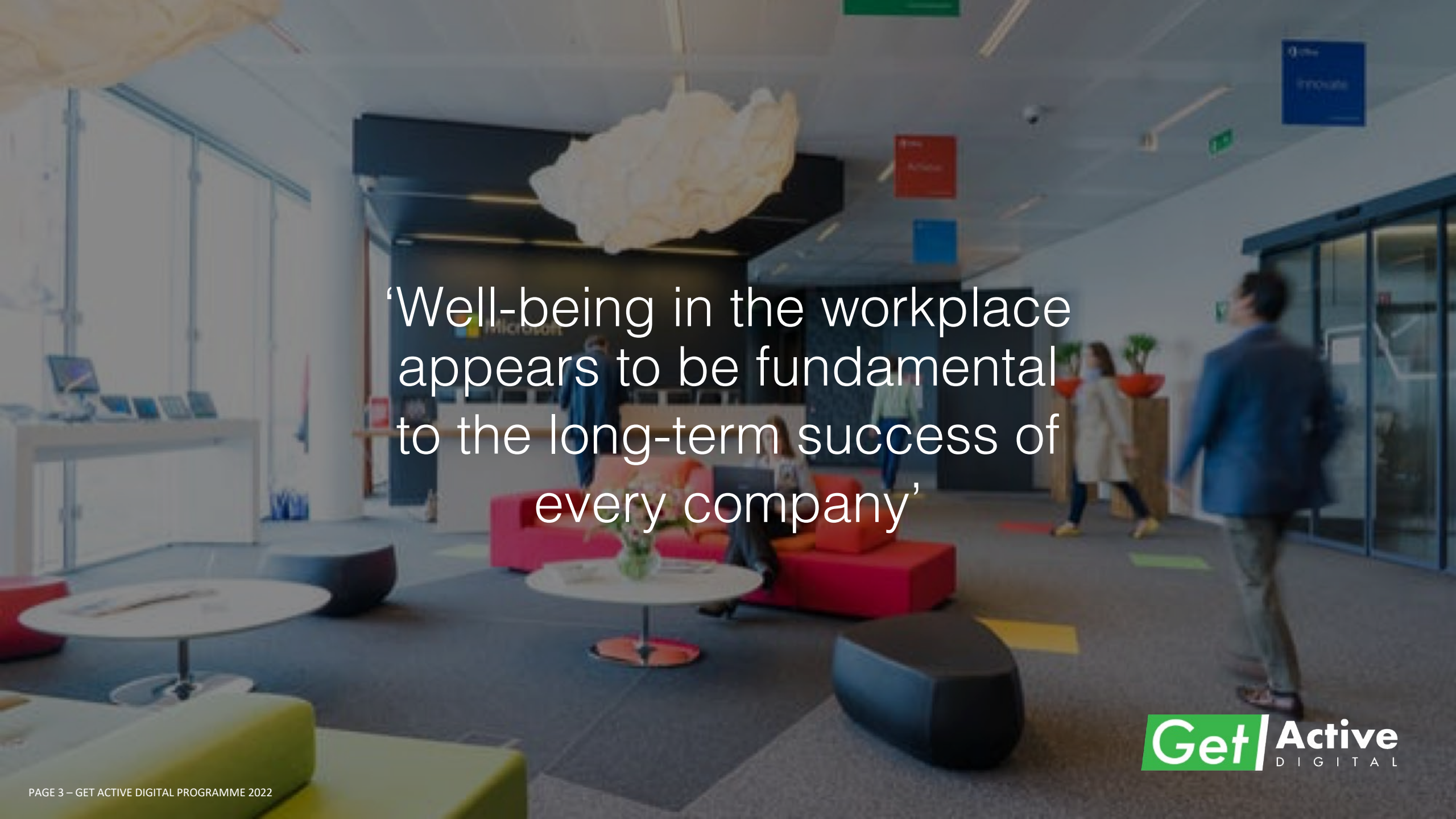
OPTIMISE YOUR HEALTH & PERFORMANCE IN THE WORKPLACE



# DESIGNED FOR SPORT

## DELIVERED TO BUSINESS



A modern office interior with a high ceiling, large windows, and a central area with colorful modular seating (red, blue, green) and small round tables. People are walking and sitting in the space. A large white cloud-like sculpture hangs from the ceiling. A blue sign with the word 'Innovate' is visible on the right wall.

‘Well-being in the workplace  
appears to be fundamental  
to the long-term success of  
every company’



‘Research by Aon Hewitt in 2012 established that companies with highly engaged staff reported taking an average of 50% fewer absence days a year than those who were not’

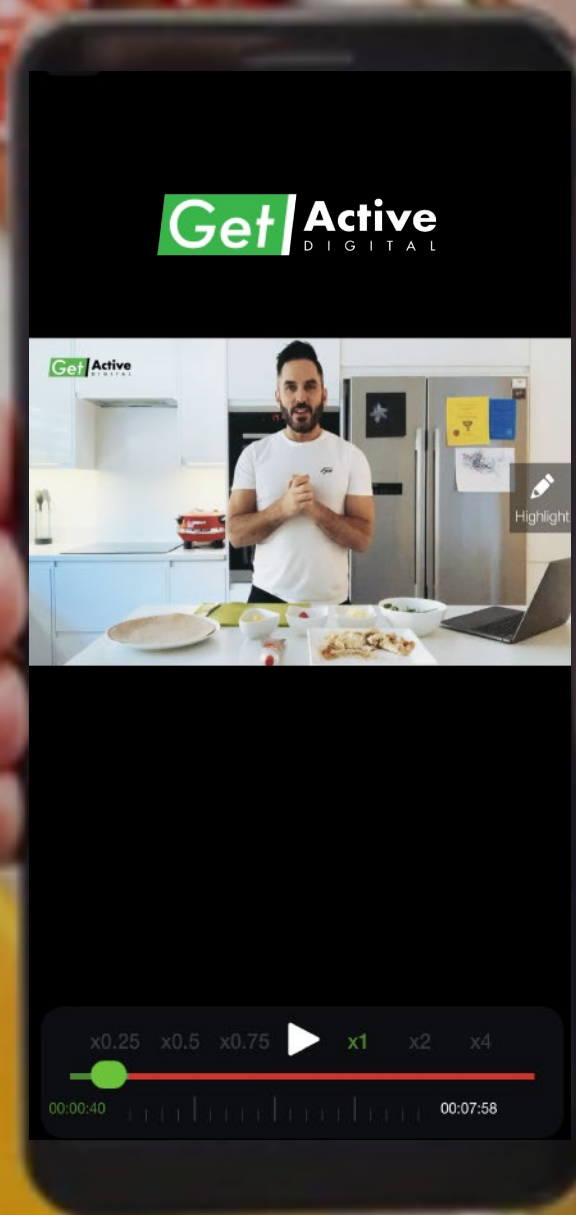


# THE MISSION

‘Help make daily wellbeing **the top priority** for every individual of a company, to optimise their performance and productivity’.

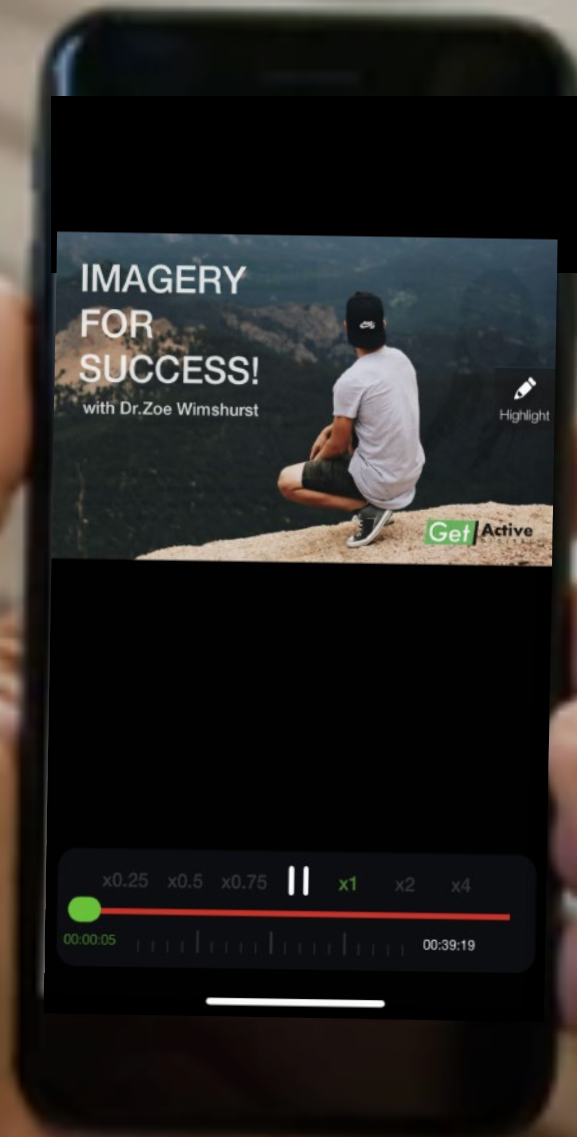


# WEEKLY WELL-BEING





# MONTHLY EXPERT SEMINAR



# LEARN

## GOOD HABITS



HELP PREVENT  
BACK PAIN



WORK:LIFE  
BALANCE



GET ACTIVE  
AT WORK



# GET ACTIVE

## PERFORMANCE MODEL





# THE EXPERTS

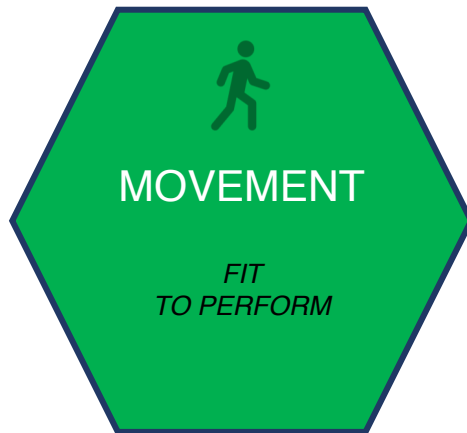




# Simon Reynolds ASCC, MFHT, ACSM-CPT

## Get Active Co-Creator

- Accredited Performance Coach and Sports Therapist
- 26 years experience
- 14 year career at McLaren as Driver Performance Manager
- Implemented a successful company wellbeing programme
- Established Formula to Perform Ltd. in 2020
- Partnered with Active Digital in 2020





# Jasmine Campbell BSc, MSc, SENr, CISSN

## Get Active Nutritionist

- Sport & Exercise Science from the University of Gloucestershire and the University of Worcester
- Currently completing a doctorate
- 2x Professional footballs teams; GB Synchro Duet – Olympics
- Established Jasmine Campbell Performance Nutrition in 2018
- Health & weight management specialist



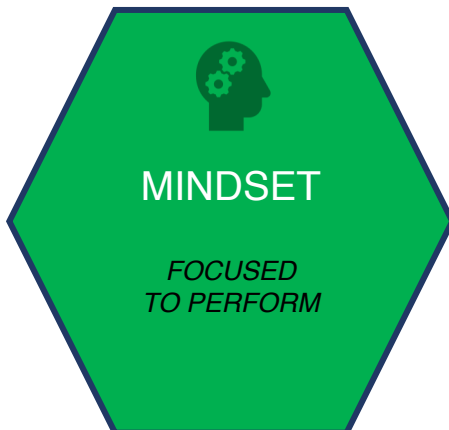




# Clayton Green BSc, PgDip

## Get Active Sports Scientist & Life Coach

- Accredited Life Coach and Sports Scientist
- 20+ years experience
- 12 year career at McLaren as Driver Performance Manager
- Lewis Hamilton Performance Coach
- Established Everyday Life Coach in 2020
- Consultancy; physiology, psychology and technology



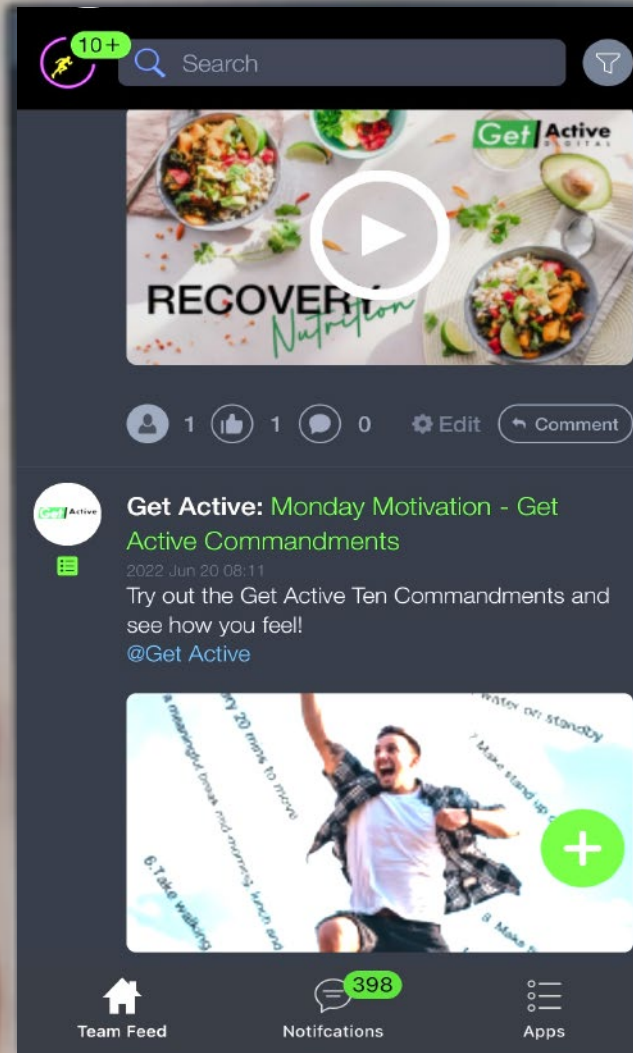
# THE APP.

MOTIVATION QUOTE

WEEKLY VIDEOS

MONTHLY SEMINAR

BREAK ALERTS



**Get** | **Active**  
DIGITAL



