

wellbeingforwork

FIT FOR WORK

Duration: 1 day
Participants: 15-20

Fast track your organisation's performance by providing a range of practical solutions to help protect employees from musculoskeletal disorders, back pain and RSI. Develop a healthy approach to physical fitness and stamina to ensure they are fit and effective for work.

Key outcomes for this programme are to enable your staff to:

- Focus on building their physical fitness, promoting health maintenance and musculoskeletal strength. This section of the programme will provide support enabling participants to:
 - Identify personal positive and specific outcomes for their fitness
 - Identify potential challenges they may have in achieving those outcomes
 - Select from a wide range of simple and motivating fitness options and set goals for these to ensure they meet their outcomes
 - Monitor and manage their physical health (body mass index, fat/protein ratios and aerobic capacity) and steps to improve these results
 - Achieve a balance between good nutrition and fitness for sports performance for optimum health
- Understand the importance of good posture, strength, stamina and flexibility as robust preventative measures in reducing risk of RSI, neck, back and joint pain
- To practice a wide range of simple effective exercises
- Comply with up to date 'Manual Handling' Legislation techniques for safe working practice
- Select 3 personal commitments to promote fitness for work

“good health is good business”

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