



1:1 PERSONAL TRAINER SERVICE

Employees benefit from one to one personalised support with a bespoke action plan to improve their activity levels and nutrition

We can bring a qualified and enthusiastic Personal Trainer in to your workplace to conduct confidential one to one sessions with employees.

The Personal Trainer will be based from your workplace on a regular basis (depending on number of appointments required, e.g. one morning a week), and employees can book a suitable time slot to have their one to one appointment, lasting between 30-60 minutes.

Each employee will receive:

- An initial consultation session
- A personalised activity and nutrition plan based on their needs and aspirations
- Demonstrations of activities on their plan
- A follow-up appointment to track their progress

EMPLOYER BENEFITS

- ✓ Allows each employee to receive personalised support and action plan
- ✓ No gym space or special equipment required
- ✓ Flexible appointment system to fit around your workplace

The service is inclusive for anybody to access - regardless of their activity levels, age, ability or any health conditions that they may have. To help communicate this message, there will be three levels of sessions available for employees to choose from:

- Beginner - aimed at employees who would like a gentle push in to being more active, or who are maybe looking to be more active after a long break, an injury or health condition
- Improver - aimed at employees who may already be doing some activity, but would like to start doing more
- Advanced - aimed at employees who are already regularly active and would like to stretch themselves for better performance

Employees choose which level of service they would like when booking their appointment, and can discuss their needs in more detail when they meet the Personal Trainer.

EMPLOYEE BENEFITS

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| ✓ Receive evidence based information and advice from a qualified professional | ✓ Follow-up appointment allows employees to discuss progress and alter plans |
| ✓ Receive a personalised plan that's made bespoke to their needs and ambitions | ✓ Easy to access - no need to go to a gym |
| | ✓ Private appointments, bookable at a time to fit around their workload |

COSTS

The cost of the service is determined by how long the Personal Trainer spends at your workplace and how many employees that you have.

For example, they could spend 3.75 hours per week (having five 45 minute sessions) for a period of three months (total of 130 sessions) at a cost from £1,619.

FIND OUT MORE

Contact MSP's Active Workplaces team on 0151 728 1811 or email activeworkplaces@merseysidesport.com