



Corporate Wellness Package

To Whom It May Concern,

Thank you for your interest in the Full Circle Wellness Corporate Wellness Package. We at Full Circle Wellness firmly believe that healthy and happy employees make productive and better employees! We applaud you for taking an interest in your employee's wellness and hope the following meets your expectations and requirements.

Full Circle Wellness can offer the following to corporate companies:

- **Hourly physical fitness sessions** in the style of "boot camp" for small or large groups of employees. These fitness sessions promise to promote physical and mental wellness, as well as incorporate a team building aspect, all integral in maintaining employee wellness within the Company.
- Regular or ad-hoc **Wellness Workshops** which can provide fitness & lifestyle assessments, nutritional advice & presentations, as well as corporate wellness management tips.

We hope you look favorably on this proposal and welcome any comments or suggestions in order for Full Circle Wellness to tailor our product to meet your specific Company wellness needs.

Should you be interested in our proposal, we would be happy to meet with you to discuss the finer details, as well as offer a small group of employees a chance to experience a complimentary boot-camp session to show what Full Circle Wellness can do for your employees mental, physical and spiritual wellness!

Please do not hesitate to contact me with any questions on the proposal.

Yours Faithfully,
Claire Davidson
Owner, Full Circle Wellness Pty Ltd



Hourly Fitness Sessions

Service: the provision of “boot camp” style exercises for Company employees for the duration of 60mins per session. Each session’s programme is designed by a qualified personal trainer to build cardio endurance, increase strength, promote weight-loss and relieve stress.

Sessions comprise of warm-up exercises (dynamic stretches); cardio training (running drills, cone work, speed and power movements); strength training (use of free-weights, resistance bands, kettlebells, boxing bags & medicine balls) and cool-down exercises (yoga, Pilates, static stretches) – ensuring that each 60min session gives a full-body work-out to meet all different fitness levels.

Instead of using a set number of repetitions per exercise, participants train for 30seconds at time before moving onto the next exercise, ensuring that the boot camp programme is suitable (and manageable) for employees of all different fitness levels.

Participants are gently encouraged during the session to push themselves that little extra bit harder than if they were training alone. Small classes of 10 – 15 people ensure that personal attention is given to each participant and correct technique of the exercise is observed to avoid injury.

Team work, as well as training in pairs encourages gentle competition, and can be used as a team building strategy for the Company. Occasionally the programme will include team-sports such as netball, soccer or volley ball, promoting the unifying of participants.

Requirements: Boot camp class can be performed inside or outside (weather dependent). Should the Company not have adequate training space, Full Circle Wellness can undertake to source space close to the office to hire. Full Circle Wellness provides all the required gym equipment, but it is advisable that participants buy their own gym mats (for comfort, otherwise gym towels will do).



Wellness Workshops

Service: the provision of ad-hoc/when required Wellness Workshops for the Company employees. These workshops/presentations will touch on all elements of wellness (physical, mental & spiritual) with a focus on the corporate environment and employee wellness.

Topics can include:

- Healthy eating guidelines and suggestions
- Healthy lunches and snack suggestions for “lunch on the run”
- Basic office ergonomics (correct chair posture, adequate lighting etc.)
- How to keep bacteria and germs at bay in the office
- Stress-relieving exercises that can be done at one’s desk

Work-shops can take the form of lectures, group-work, brain storming, and team-building activities. Topics can be the choice of Company Management and can be determined based on budget, employee time constraints and necessity.



Approximate Cost Options*

Hourly Fitness Sessions

Cost Option 1:

R125 per employee per hourly “boot camp” session for max 20 people

- Available as a “once off” of R125 per employee per hour class
- Companies that require regular weekly sessions are eligible for a “block booking” monthly discount of 10% on the total amount

Includes:

- 1 hour total-body work-out exercise programme designed by a qualified personal trainer, suitable for all levels of fitness.
- All gym equipment needed for the session
- Travel to and from determined venue by fitness professional

Cost Option 2:

R300 per employee per hourly “boot camp” session for max 20 people, additional individual Fitness Test & Lifestyle Assessment included

- Available as a “once off” of R300 per employee per hour class
- Companies that require regular weekly sessions are eligible for a “block booking” monthly discount of 10% on the total amount

Includes:

- 1 hour Fitness Test and Lifestyle Assessment with each participant (personal one-on-one chat to help assess participants fitness levels and lifestyle before commencing exercise routine). Participants receive written feedback on their fitness tests, with lifestyle recommendations.



Approx. Cost Options (cont.)

- 1 hour total-body work-out exercise programme designed by a qualified personal trainer, suitable for all levels of fitness
- All gym equipment needed for the session
- Travel to and from determined venue by fitness professional

Wellness Workshops

Work-shop rates vary dependant on the topic and requirements (for example, team-building exercises may require the purchasing of more materials than just a presentation).

Management can budget for the approximate cost of R150 per attending employee per 2 hour workshop, with discounts for numbers larger than 15 employees. Includes presentation, with all employees having access to the Full Circle Wellness Q&A online portal to ask any wellness related questions.

**Prices are approximate and are not confirmed unless an official quote has been given and accepted. Prices are a guideline for companies to use to determine budget and final costs are dependant on travel, venue, materials required and class size.*



About Full Circle Wellness

Full Circle Wellness focuses on the “full circle” of health – physical (personal & group training), mental (life planning & organising) and spiritual (stress-relief, meditation).

Started by Claire Davidson, a qualified fitness instructor and personal trainer, Full Circle Wellness offers personal & group training in a private “non-gym” like environment, with genuine interest in the client’s progress. Claire quit her corporate job to follow her passion, which is health and wellness and helping people in their own wellness journey, so client’s are guaranteed a genuine interest and personal touch when working with Claire to reach their wellness goals.

Full Circle Wellness offers the following services:

- Personal & Group Training Sessions
- Indoor & Outdoor Boot Camp Classes
- Lifestyle Assessments
- Race & Event Co-ordination
- Corporate Wellness Packages





Testimonials

"Before I joined Claire's twice weekly boot camp classes 3 months ago I hadn't exercised since High School! I thought I'd never make it but I left each class feeling great and already looking forward to the next class which is always different and never boring! Claire is a great motivator and pushes you to work harder and always has a word of encouragement and a proud smile for you! I feel great and can see and feel the difference after just these 3 months and plan to continue with boot camp as long as Claire keeps running it!"

– Jane Merrifield

'I have thoroughly enjoyed my boot-camp session with Full Circle Wellness. They have proven to be a great source of stress release and fun. I leave every class feeling more confident, energized and healthier. I am often amazed at how one hour of boot-camp can alter one's perception and mood. As a trainer I could not recommend anyone above Claire. She has a great way of making all feel welcome and relaxed in her presence, while ensuring that every single class member is working at a level that is best suited to her ability by providing a range of difficulty levels for an exercise. Thank you Full Circle Wellness, for a healthier, happier and more confident me.' – Bridget Armstrong

"Full Circle Wellness is my escape from a busy work week. I can enjoy a good work out with a great personal trainer amongst lovely females. Boot camp helps me ease my stress levels while also working out and burning those unwanted calories" – Anique Gilbert

"I really enjoy boot camp classes...it's pretty much exactly right with regards to difficulty for all different fitness levels. I was a little surprised that my legs were stiff the next day! The different exercises that we do at boot camp are great for me as a runner – I need to work on my core and my arms (they get rather forgotten about when road running)."

– Eleanor Mullins