



iohi

CORPORATE WELLNESS



'HELPING TO CREATE HEALTHIER AND HAPPIER WORKFORCE'.

THE FOUR PILLARS OF HEALTH, WELLNESS & PERFORMANCE

1 MOVEMENT



- Daily Steps
- Exercise

2 NUTRITION



- Nutrient Dense Foods
- Reducing Intake of Ultra Processed foods
- The importance Fruit & Veg
- Hydration

3 STRESS MANAGEMENT



- Sleep Quality
- Rest Heart Rate
- Mindfulness Practices
- Focused Breathing

4 CONNECTIONS



- Building relationships
- Communication
- Time with friends & family
- Disconnecting from Tech

MINDSET

Consistently Performing Disciplined Behaviours



OUR MISSION



'Helping support businesses and busy individuals form healthier lifestyle habits through applied health and wellness solutions'

A decorative graphic consisting of a white film strip with a sprocket hole on the left and a series of colored frames in various shades of blue, grey, and brown.

SERVICES

- SEMINARS & WORKSHOP
- MOVEMENT & MOBILITY
- WORK PLACE WELLNESS PLATFORMS (DIGITAL & NON TECH)
- EMPLOYEE HEALTH CHECK
- BESPOKE TEAM BUILDING
- CORPORATE GYM MEMBERSHIPS



INTRODUCING OUR SEMINARS & WORKSHOPS



HEALTH & WELLBEING TALK

'Developing the Corporate Athlete'



How to achieve optimal Health despite busy careers and family commitments.



FOCUSED BREATHING & STRESS MANAGEMENT



Learn and understand a variety of breathing techniques that will help to reduce stress and relieve anxiety helping us optimise our physical and mental well being.



WOMANS WELLBEING



Exploring the themes of Gratitude, Self Care and the power of Reflection.



MASTERING MINDSET



Helping to develop a positive and focused Mindset in all aspects of life.



MOVEMENT AND MOBILITY

Many jobs involve prolonged sitting. The health risks associated with a sedentary lifestyle are a key driver in many modern day chronic health problems such as Type 2 Diabetes, Obesity and Heart Disease.

Our in-house Movement and Mobility Workshops help businesses minimise the impact of sedentary workplaces for their employees through education by promoting physical activity and frequent changes in posture.

Implementing a combination of simple measures and routines that target the workplace and work organisation, tackle psychosocial factors, and increase employees' awareness of good working postures and practices is key to staying healthy and pain free.



DIGITAL - WORK PLACE WELLNESS PLATFORM

COMPANY BRANDED

30 DAY 'HEALTHY HABITS' APP AIMED AT CREATING POSITIVE BEHAVIOURAL CHANGE VIA THE IMPLEMENTATION OF SIMPLE DAILY TASKS.

ION CORPORATE WELLNESS

DAY 4

Robin Sowden-Ta
06:38am ☆ 0 Points

How to use

'Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come'.
Dwayne Johnson

DAILY INSPIRATION

Tasks completed everyday

Sat	Sun	Mon	Tue	Wed	Thu
0	0	0	19	19	15

Friday 23rd

Position 5

Movement

Completed Steps

4^K

6^K

8^K

ADD STEP POINTS 1

Complete 20 + Minutes Of Purposeful Movement

ADD EXERCISE POINTS 2

Connections

Daily tasks
(Changes Every 5 Days)

Eat all Main Meals at a Table, No Electrical Devices present.

ADD POINTS 2

Stress Management

Enter Hours In Bed

6^{Hrs}

7^{Hrs}

8^{Hrs}

ADD POINTS 1

Daily Tasks

		ADD POINTS
Walk With No Tech	10 minutes	2
Mindfulness	5 minutes	2
Cold Exposure	30 seconds	2

ADD POINTS 0





NON TECH - WORK PLACE WELLNESS PLATFORM

OCTOBER 'HEALTHY HABITS' CHALLENGE

COMPANY BRANDED 'HEALTHY HABITS' APP AIMED AT CREATING POSITIVE BEHAVIOURAL CHANGE VIA THE IMPLEMENTATION OF SIMPLE DAILY TASKS.

'The Repetition of Simplicity - so often overlooked and undervalued'.



Building good habits isn't always easy but it is essential when working towards achieving any goal.

For a lot of people, we recognise that being motivated to exercise or eat well is easy. But through the services we offer at ION we help to provide accountability that over time develops adherence and effort that drives positive behaviour change.

As James Clear states in Atomic Habits 'Goals are good for setting a direction, systems are best for making progress.'

We implement various platforms - Tech and Non Tech options depending on budget that encourages employee engagement and establishing healthy habits.

	1	2	3	4	5	6	7	8	9	10	11	12	13
Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Hours Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Main Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.5L+ Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commitment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



ION 21 DAY HEALTHY HABIT TRACKER

	16	17	18	19	20	21
Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Hours Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Main Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit/Veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.5L+ Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commitment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many tasks can you complete everyday?
'X' when completed

Movement - complete 20 mins + of 'Purposeful Movement' (Gym)

Sleep - complete a minimum of 8 hours in bed.

3 Main Meals - eat Breakfast, Lunch and Dinner

Fruit/Veg - include Fruit/or Veg in every main meal.

1.5L Water - drink 1.5L of water throughout the day.

Commitment - stayed true to your 21 day commitment.

Overall Score = _____ / 126 Tasks





EMPLOYEE HEALTH CHECKS

Non Invasive InBody Scan

Using our high tech Body Composition Assessment machine (has a 95% correlation with the gold standard DEXA scanners in hospitals) will provide employees with accurate data on lean muscle, essential to our health. More muscle we have, the easier you will burn body fat (higher resting metabolic rate), better blood sugar control and the less prone to injuries we should be. The machine will also measure visceral fat, the fat around internal organs that has a direct link with modern day chronic illness. The test is non invasive and clothes are worn.

Blood Pressure

Monitoring Blood Pressure gives employees an understanding of their cardiovascular health. Cardiovascular disease is one of the biggest killers in society and why blood pressure is an essential marker of overall health.

BESPOKE TEAM BUILDING

We work with businesses to design and deliver Bespoke Team Building events centred around Health and Wellbeing.

Sample Team Building Event

9am - Meet

9.30am - All Inclusive Group Workout

10.15am - Shower/Coffee/Healthy Snacks

11am - Lifestyle and Wellbeing Talk

12pm - Healthy Lunch Option

1pm - Movement and Mobility

2pm - Close



EDUCATE



EXECUTE



ENGAGE



TRAINING FACILITIES

Locations

**Space2B @ The Maltings
Ty Glas Estate, Llanishen**



Our 2 locations are Class based training facilities that offer an all inclusive, interval based strength and conditioning programme that is ideal for those individuals with demanding careers and family commitments that leaves them time precious.

With this time barrier in mind we offer 30 mins, 45 mins and 60 min classes to help reduce the duration needed to spend in a gym. Our sessions are total body in nature, combing resistance and cardio training to give individuals a highly effective workout, in a short space of time.

We partner with companies to offer Corporate Membership options.





CONTACT US

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