





'HELPING TO CREATE HEALTHIER AND HAPPIER WORKFORCE'.

THE FOUR PILLARS OF HEALTH, WELLNESS & PERFORMANCE

MOVEMENT

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- Daily Steps
- Exercise

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

STRESS E //////

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

MINDSET

Consistently Performing Disciplined Behaviours

MANAGEMENT

CONNECTIONS ///////

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





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



OUR MISSION





INTRODUCING OUR SEMINARS & WORKSHOPS

HEALTH & WELLBEING TALK

'Developing the Corporate Athlete'

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

FOCUSED BREATHING **& STRESS MANAGEMENT**

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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

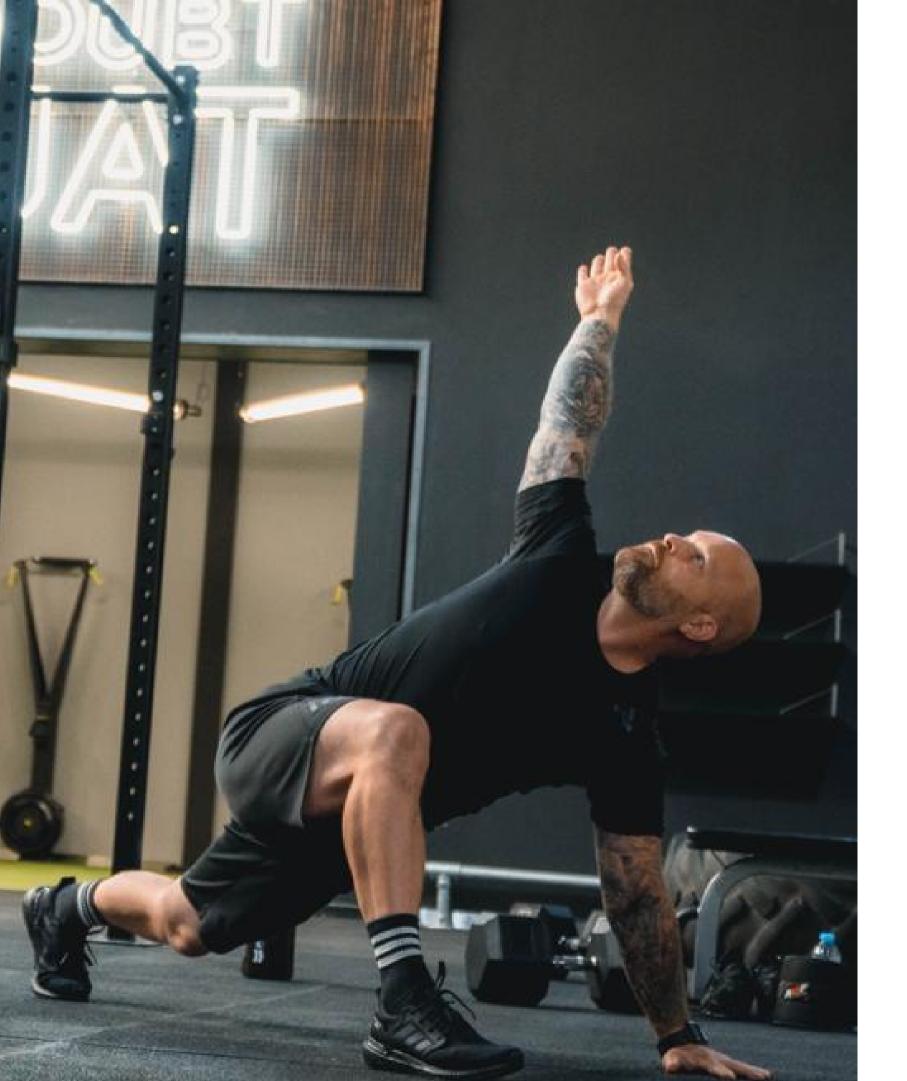
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Exploring the themes of Gratitude, Self Care and the power of Reflection.

MASTERING MINDSET

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

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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.

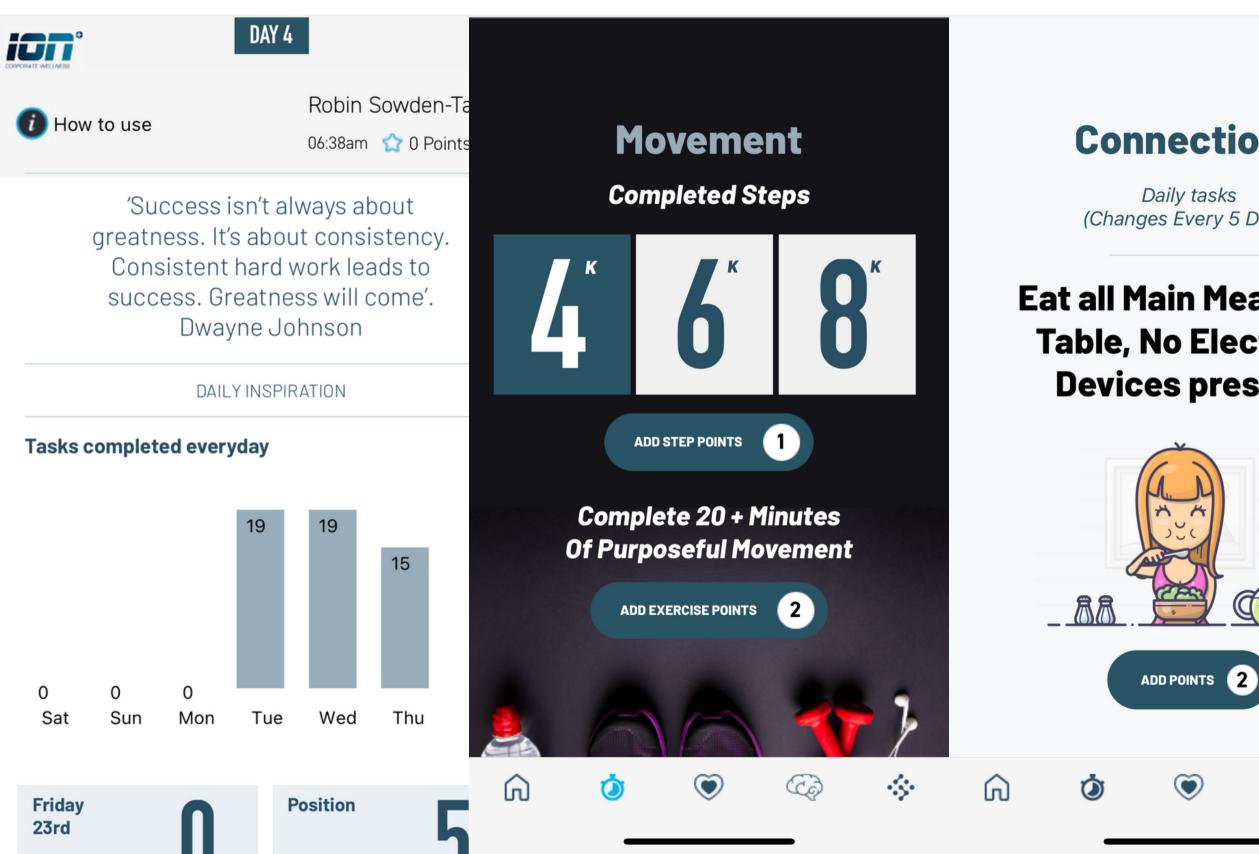
Implementing a combination of simple measures and routines that target the workplace and work organisation, tackle psychosocial factors, and increase employees' awareness of good working postures and practices is key to staying healthy and pain free.





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.



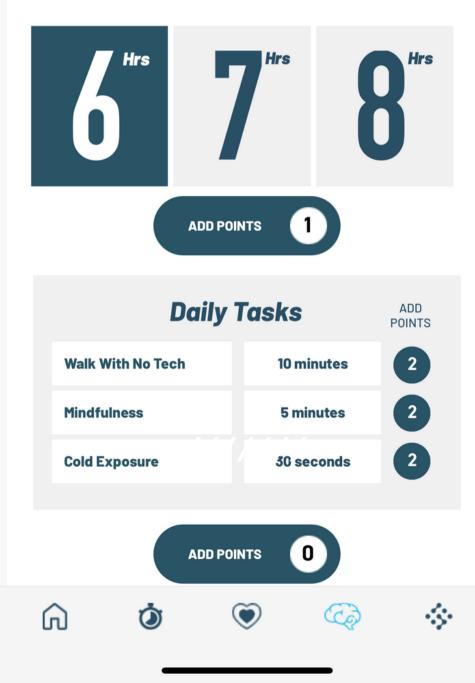
Connections

Daily tasks (Changes Every 5 Days)

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

Stress Management

Enter Hours In Bed





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NON TECH - WORK PLACE WELLNESS PLATFORM

OCTOBER 'HEALTHY HABITS' CHALLENGE

'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 alot of people, we recognise thatbeing 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 b est for making progress.

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

Movement 8 Hours Sleep 3 Main Meals Fruit/Veg 1.5L+ Water Commitment

2



ION 21 DAY HEALTHY HABIT TRACKER

9

Movement 8 Hours Sleep 3 Main Meals Fruit/Veg 1.5L+ Water Commitment

16 17 18 19 20 21

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

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

10 11 12 13

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 =





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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













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.

TRAINING FACILITIES





CONTACT US

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