



**CORPORATE
HEALTH AND FITNESS 2022/23**



CORPORATE HEALTH AND FITNESS OVERVIEW

Over the last few decades, health and fitness work place benefits have become much more common. Everything from gym memberships to cycle to work schemes have been implemented with varying degrees of success.

SFitnessPlans aims to bring the personal touch.

By talking one on one with your employees the best course of action is ascertained regarding their health and fitness.

SFitnessPlans brings a focus on exercise specific to the work environment and personalised nutrition. We are partnered with PTHUB and multiple local food prep companies to give your employees a fresh look at fitness and food.

Benefitting them and the company as a whole as seen below by these numbers from The Mayo Clinic.



Sickness costs UK employers over £100bn each year. Companies lose on average £561 per employee, due to sick days and other productivity crippling health and fitness specific factors.

Many companies try to combat this and give free or subsidised gym membership to their employees. While this is a great place to start, average employee participation is less than 15% and of that 15% less than 5% use their gym memberships more than 2 times a month. Which means the average company of 100 people is spending £38,400.00 a year on such schemes with almost zero pay back to the business.

This is where we come in:

With SfitnessPlans you get:

- 100% employee participation (of enrolled employees).
- Fitness programming for all staff as individuals.
- Nutrition Planning for all staff as individuals.
- Access to our app/desktop software (so individuals can track their programmes)
- 20-30 minute catch up sessions every six weeks either online or in person for every employee.

All this at up to 44% cheaper than you can source gym memberships for your employees.

Companies with fitness motivated employees miss work on average 62% less – which saves the average company of 100 employees £34,782.00 per year. Also according to the most recent meta-data, staff in all fields felt a boost in productivity some specifically measured this at a 27% increase. Not to mention positive changes in many mental health and cardiovascular markers.

So, we can save you money and help your workforce make you more money!

All of this together means, a company of 100 employees could potential see a £65,000.00 positive difference per year.



ABOUT YOUR CONSULTANT

James is a human performance and rehab specialist.

Over a decade of experience in the health and fitness industry has enabled James to become extremely intuitive to individuals needs and how best to go after them (see individual testimonials). He is pioneering gym-based rehabilitation and helping self care become a viable option for many across the globe with his "Mini Books of Massive Workout series".



SFP Performance and Rehab is the base of operations and a useful private facility should any of your employees need extra attention.

James started his coaching career with degree in sports therapy and research in human performance – specifically decreasing time to muscular contraction in various kinetic chains. From there he decided his skill set would be put to best and most frequent use in the commercial setting, so attained his personal training qualifications specialising in lower back pain. He has since taken every opportunity to further his expertise becoming among the first CAWS qualified COVID rehabilitators and most recently, stepping firmly back into human performance, has studied athlete preparation under probably the worlds best strength coaches at Kabuki Strength.

James has recently been featured in various publications due to his rehabilitation work with long COVID sufferers.



NUTRITION

Nutrition should always be first and foremost, for many reasons, but primarily because in the workspace it's the place most positive steps can be taken.

SFitnessPlans using PTHUB will promote a diet that not only targets body composition but mental performance and reduction in fatigue. We do this primarily through a focus on caloric ranges, specific macro ratios and meal timings. Whilst paying special attention to micronutrient levels and food sensitivities.

With a whole plethora of recipes tailored to each individual and advise on finding time to prepare them. Changes to health and productivity can and do change very rapidly.

For those who struggle with time SFitnessPlans has links with local and national food prep companies. To bring your staff easy on-the-go food with discounts up to 30% off normal consumer rates.



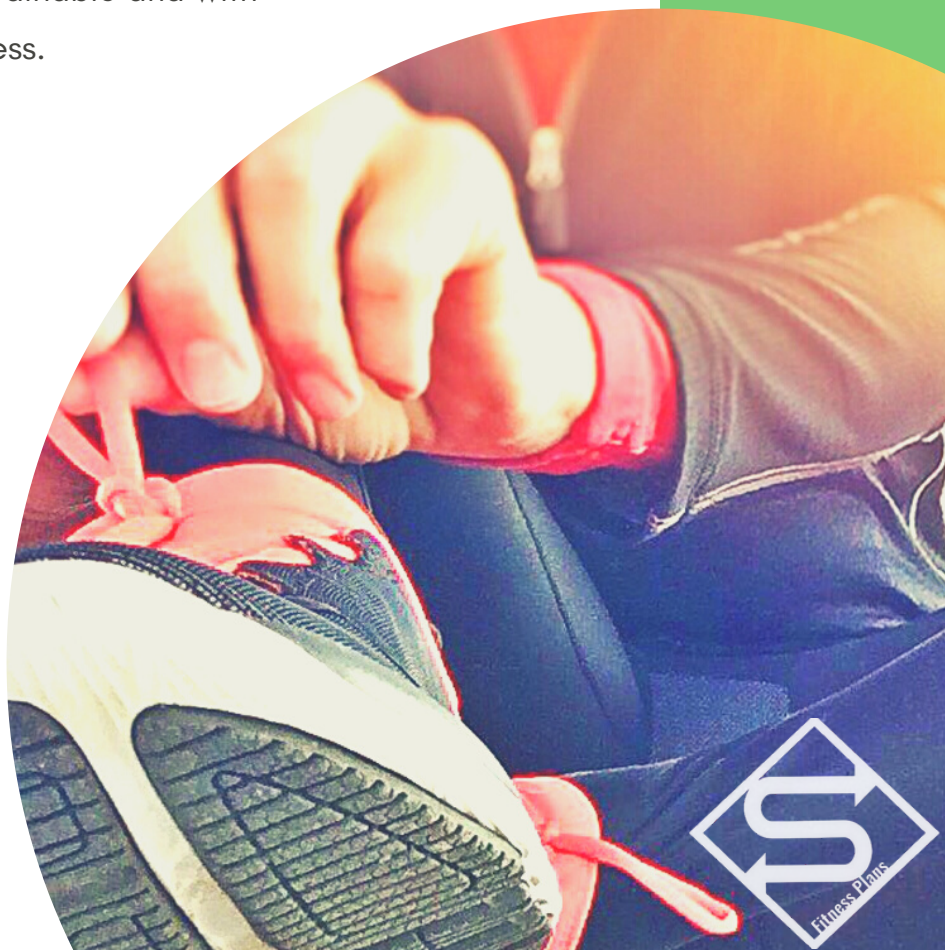
EXERCISE

Exercise plans are designed on an individual basis for all employees. Focusing on increases in cardiovascular fitness, Postural / work specific strength, mobility and workplace productivity.

We can help the whole range of staff. From making the most sedentary more active and more comfortable in work, to helping your most active find their next level of fitness.

We are truly inclusive and have something for everyone. Helping your employees find what works for them through a variety of modalities that suits each and every person.

We do this via progressive overload. Which enables growth and stability. Goals that always seem attainable and without risk of injury or reversal of progress.



THE METHOD

TRACKING & PARTICIPATION

Every employee will have a series of meetings with us, 20-40 minutes in person or via Zoom. We will work with you to book in employee meetings, so there is as little impact on the work day as possible, whether they're conducted within your workplace or online.

Upon the first meeting they will receive a log-in to their own personalised training and nutrition App. From this platform they will receive personalised workouts and nutrition plans - as formulated with them in their first meeting. They will also be able to talk to their health and fitness expert directly and privately through this App.

Programming will be updated after every 6 week catch up meeting- again in person or via Zoom (no extra cost for either).

If you are buying our elite package, each staff member will be given a home blood or DNA test that will allow us to make even more accurate nutritional changes for the individual, as we would receive data on 11 biomarkers which show any deficiency in micro nutrient and vitamin profiles.

Workouts



Recent



Ab Circuit

Calendar

View **21st September**

Session (Ab Circuit)
07:00 - 07:20



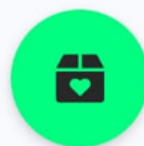
Workouts



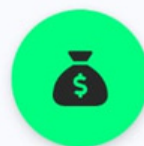
Exercises



Nutrition



Packages



Financials



Marketplace

SUBSCRIPTION PRICES

These Prices are listed as: 1 year retainers (**1YR**) and 3 year retainers (**3YR**).

Each year this includes 9, 1 on 1 meetings with each individual staff member and 52 weeks of continued online App based exercise and nutrition plans for each individual employee. Elite plans include 1 DNA or blood test a year with 1 extra consult when needed.

1YR Basic plan £290 per employee

3YR Basic plan £750 per employee

1YR Elite plan £390 per employee

3YR Elite plan £990 per employee

We are extremely open about our prices and our services. There are no hidden or extra costs. We can be this way because there is no one else offering this sort of product.



**A HEALTHIER
HAPPIER
BUSINESS WITH
FITNESS
PLANS**

TESTAMONIALS

Brilliant: research based fitness plans

I've been seeing James of SFitnessPlans for about two years and he's been an integral part of changing my relationship with exercise and my body. Extremely knowledgeable (keeps up with relevant research), encouraging, and flexible. He's seen me through weak knees due to a misdiagnosis and is currently helping me recover from seriously breaking my ankle. He gets the best out of me in a way that no one else has been able to in this arena, has helped me to love exercise, and is fantastic at both rehabilitation work and helping you to achieve more conventional goals. Can't recommend him highly enough. Amy Stanley

Very Happy

James is a highly knowledgeable trainer who knows his stuff - anatomy physiology - the works! I have been training with him for over 6 months now on a regular basis and he understands my body and its limitations (at the age of 53 with some intermittent shoulder and back problems) so he works with me to improve my fitness stamina and well being as well as strengthening my back and shoulder. Combine this with careful diet control and the weight is coming off. He is good at motivating and if you are prepared to put the effort in and give it your best shot he will always support you. Tariq Drabu

Becoming the better you

James has been such a great support to me as well as brilliant fitness trainer for just over 12 months. I felt confident sharing my insecurities and the goals I wished to achieve. We made a plan for both diet and exercise which was tailored to my lifestyle in order to accommodate for shift work and university. James helped me understand what my body needed in order to become healthier, instead of just telling me what to do and when. It was a two way process so he always made sure I knew why we were doing something and what it should achieve. I always know that he will be at the end of a text even if we haven't spoken for a while. James was the push I needed to be the better me. My lifestyle choices now are shaped by the guidance he has given me and I can finally say that I have gained my confidence back. Abby Elsey

Expert Advice

Training advice from James over the course of the last 12 months was exceptional. He understood my goals, gave me structured exercise to complete and then adapted them to my various injuries and difficulties in order to still get the most out of them. Easily contactable, he was always able to answer any questions I had. His knowledge of energy systems and dietary requirements have really changed my outlook on training and given me a real boost in my self confidence. Ben Croucher



Me and disabled daughter

James has been wowing me and my disabled daughter for a while now and has helped. Specially my daughter. He knows how to work with her. His knowledge is very good. Vimal Aggawal

Incredibly patient

James and I started working together in July 2021 as part of my recovery from Stage 4 Bowel and Peritoneal Cancer. Since the beginning he has been incredibly patient and ensured that every session suited my abilities, often working within heart rate bands. In the last year I have gained greater mobility and strength, which has really assisted my recovery from 4 x operations, 16 x chemotherapy and 23 x immunotherapy sessions. James has been instrumental in my recovery journey and so I cannot praise him highly enough. Would recommend signing up with James if you are recovering from cancer, have an ileostomy or bladder issues. Joe M

Very supportive

I have been working with James for about 4 months now and I find him to be a very supportive PT. I particularly appreciate James' in-depth scientific knowledge behind his training and he specifically explains why we are taking a certain approach. James takes great care over form and is very mindful of any pre-existing injuries. I would recommend James to someone starting their fitness journey or looking for rehab from injury. Colette Renton

Fitter now than ever

I have talked with James regularly for 3 years. During that time, he has really helped me get into shape and to a great level of fitness. He knows a lot about training and nutrition and successfully guided me to lose a stone in weight last year which I have kept off and in fact lost more. I am fitter now than I have ever been and that is because of James' encouragement. He has a flair for knowing what type of training works for me. I highly recommended, a great coach and person. Kathy Deakin

Tel: 07531 222 888

e-mail: Contact@SFitnessPlans.com

SFP Performance & Rehab

Cwm Dyserth

LL185SF

