



POSTURE & ALIGNMENT

WELLNESS DAY

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ABOUT US

About Us – Experts in Corporate Wellness

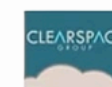
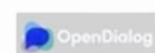
At Mike's Posture & Alignment, we are a team of highly experienced fitness professionals, each with over 20 years in the industry. After decades of helping individuals improve their health and performance, we recognised a greater need for wellness in the corporate world—where long hours, desk-based work, and high stress levels take a toll on both body and mind.

We've worked with leading companies such as TUI, OSIT, Holiday Inn, Clear Space, IHG Hotels & Resorts, and RWInvest, bringing our expertise directly into workplaces to help employees move better, feel better, and perform at their best.

Why Choose Us?

- ✓ Proven expertise – Each team member has over 20 years of experience in fitness, movement, and wellness.
- ✓ Trusted by top companies – We've delivered results for major brands in hospitality, investment, and corporate sectors.
- ✓ A holistic approach – We go beyond fitness, focusing on posture, alignment, mindset, and nutrition.
- ✓ Sustainable results – Our tailored programmes reduce pain, boost energy, and enhance productivity.

We're more than a wellness provider—we're your partner in creating a healthier, happier, and more productive workplace. Let's transform your team's well-being together.



MISSION & VISION



"Helping workplaces move better, feel stronger, and perform at their best through expert-led movement and cutting-edge assessments—creating healthier, more productive teams."

"To redefine workplace well-being by integrating advanced movement assessments and expert-led training, ensuring every employee enjoys pain-free movement, better posture, and improved performance—both in and out of the office."

WHY?

Why Invest in a Posture & Alignment Wellness Day?

A healthy workforce is a productive workforce. Poor posture, prolonged sitting, and lack of movement contribute to musculoskeletal issues, fatigue, and decreased performance. Our Posture & Alignment Corporate Wellness Day combines cutting-edge technology with expert-led movement sessions to assess, educate, and improve your employees' well-being.

By integrating the InBody 270 for body composition analysis and VALD HumanTrak for movement and posture assessments, we offer an evidence-based approach to workplace wellness.

The Problem: Poor Posture is Costing Your Business

Many UK office workers spend 8+ hours a day sitting, leading to:

- ✓ Neck, back & shoulder pain – affecting 1 in 3 employees
- ✓ Reduced productivity – MSK (musculoskeletal) issues cost UK businesses £15 billion a year
- ✓ Increased sick days – Work-related MSK disorders cause 7.3 million lost workdays annually
- ✓ Lower energy & morale – Poor posture affects breathing, digestion, and overall well-being

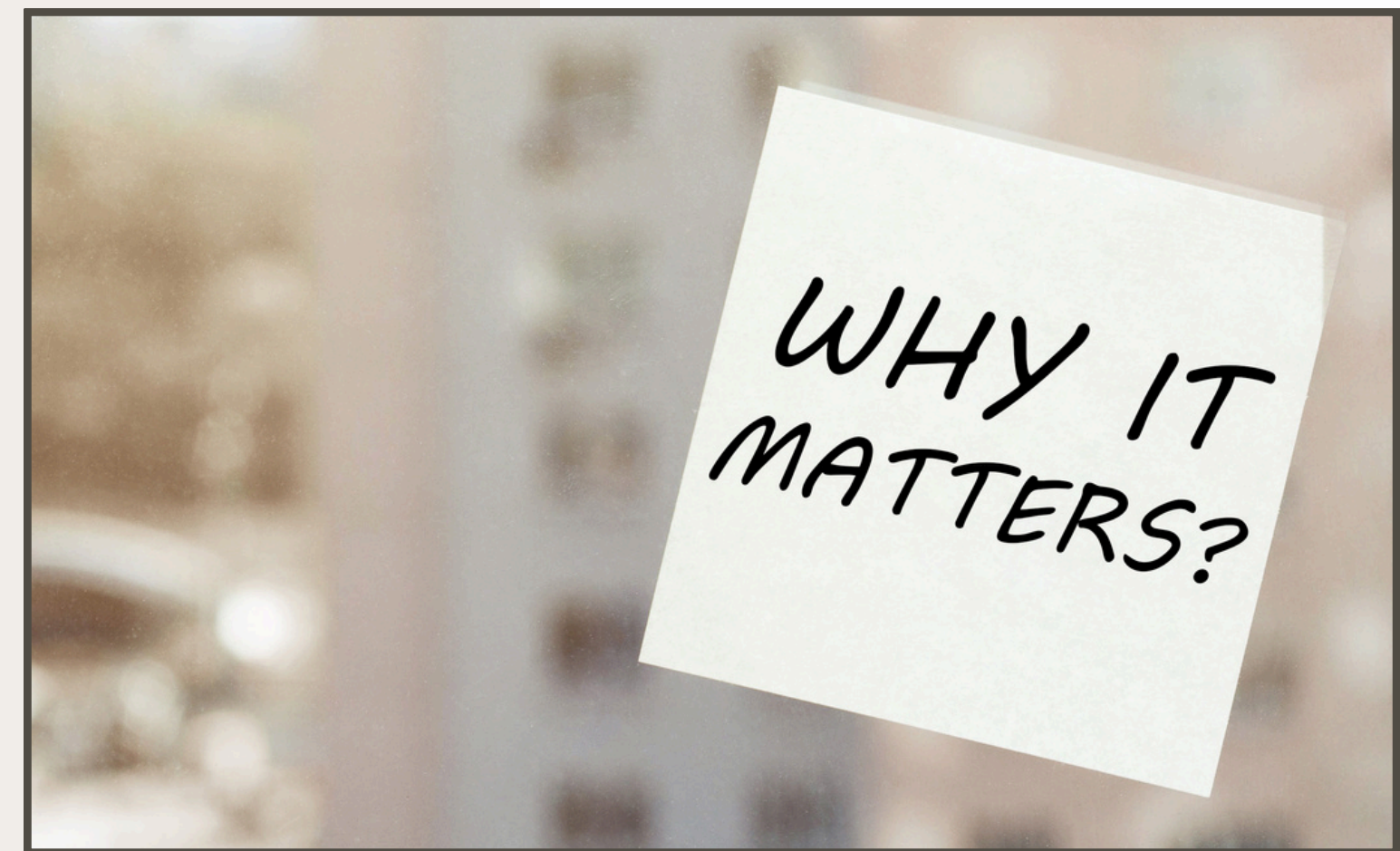
(Source: HSE UK, Simply Health)

The Solution: Invest in Employee Well-Being

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A Posture & Alignment Wellness Day provides real, measurable benefits:

- ✓ Reduces absenteeism – Fewer posture-related injuries = fewer sick days
- ✓ Boosts productivity – Just 1% improvement in employee well-being increases output by 20%
- ✓ Enhances focus & energy – Better posture = better oxygen flow & concentration
- ✓ Prevents long-term health costs – Early intervention reduces future medical claims



WHY?

What's Included?

- InBody Assessments – Full body composition analysis
- Posture & Movement Screening – Identifying imbalances before they cause issues
- Pilates-Based Correction & Strengthening – Practical exercises to improve posture
- VALD HumanTrak Technology (Optional) – 3D movement analysis for deeper insights

Why It's a No-Brainer for UK Companies

- ✓ Affordable & flexible – Tailored to fit your budget and schedule
- ✓ Minimal disruption – Employees book in 20-minute slots throughout the day
- ✓ High ROI – Healthier employees = happier, more productive teams

Ready to Improve Your Workplace?

Let's create a stronger, healthier workforce together. Book a consultation today.



WHAT MAKES THIS DAY UNIQUE?

- ✓ **Comprehensive Assessments** – The InBody 270 provides a full breakdown of body composition, while the VALD HumanTrak delivers real-time movement insights to highlight imbalances and injury risks.
- ✓ **Practical Movement Sessions** – Employees will engage in guided Pilates, mobility work, and strength exercises designed to improve posture, reduce pain, and enhance movement efficiency.
- ✓ **Actionable Insights & Reports** – Each participant will receive a personalized assessment with recommendations to improve their posture, movement, and overall health.
- ✓ **Flexible Delivery** – Choose a single-day event, a full wellness week, or a bespoke package tailored to your team's needs.



EXAMPLE OF A ONE-DAY WELLNESS DAY

Assess & Understand

- **Welcome & Introduction:** Overview of the importance of posture, movement, and injury prevention.
- **InBody 270 & VALD HumanTrak Assessments:** Each participant undergoes a quick and insightful body composition and movement analysis.
- **Group Feedback Session:** Breakdown of findings, common trends, and how to address them.

Movement & Correction

- **Posture & Mobility Workshop:** Practical exercises using Pilates-based movements to improve posture and relieve tension.
- **Strength & Stability:** A session focusing on core activation and joint stability using tailored movement strategies.

Personalisation & Q&A

- **Individual Reports & Recommendations:** Employees receive a summary of their assessments with guidance for improvement.
- **Breathwork & Stress Reduction:** Techniques to enhance focus, reduce tension, and improve well-being.
- **Wrap-Up & Next Steps:** Discuss long-term strategies, ongoing support options, and additional wellness services.





Pole Position Posture

1-2-1 REFORMER PILATES

LOGISTICS & REQUIREMENTS



Space Required

Compact Setup Plan (2m x 2m)

Room: Conference room or clear office space with two power sockets nearby.

Layout

- InBody device against the wall for easy step-on access.
- VALD machine beside it, allowing quick transition.
- Small table (optional) for paperwork/sanitiser.

- ✓ Quick Setup (Minimal Time)
- ✓ Plug in & power up both devices.
- ✓ Check calibration & functionality.
- ✓ Mark standing positions for smooth flow.
- ✓ Place simple instruction signage for guidance.

Booking & Flow

- Managed externally.
- 20-minute slots, 2 people per slot.
- 5 min: Check-in & instructions.
- 10 min: Assessments.
- 5 min: Results review & transition.

THIS ENSURES A FAST, EFFICIENT, AND SEAMLESS EXPERIENCE IN A SMALL SPACE.
LET ME KNOW IF YOU NEED ANY TWEAKS!

TESTIMONIALS & STORIES



“The wellness day was an eye-opener. Having personalised reports and movement strategies gave our team real solutions to office-related posture issues.”



“After the session, our employees reported feeling more energised, with reduced back pain and improved focus. The InBody and VALD assessments were a game-changer for understanding our health needs.”

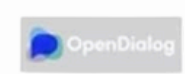
PRICE & PACKAGING

Each wellness day is uniquely designed to meet the needs of your team, offering a tailored blend of fitness, mobility, and relaxation to boost productivity, reduce stress and promote overall wellbeing. Pricing is determined upon consultation to ensure the package aligns perfectly with your company's goals.

We offer customised wellness solutions based on company needs, including:

- ✓ **A Full Wellness Week:** Daily assessments, movement workshops, and stress management sessions.
- ✓ **Bespoke Packages:** Tailored programs incorporating boxing, dance, reformer Pilates, and more.
- ✓ **Ongoing Wellness Support:** Monthly or quarterly check-ins with reassessments and guided training.

CONTACT ME TO CREATE A BESPOKE WELLNESS EXPERIENCE FOR YOUR TEAM AND ELEVATE YOUR WORKPLACE WELLBEING!





CONTACT US

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