

## Re-energising yourself

### Overview

Is your lifestyle too sedentary? Do you feel sluggish by the end of the day? Wrecked by the end of the week? You need to vary your regime at work.

You need to work with, rather than against, your physicality in order to boost your energy levels in a sustainable way – without recourse to coffee, sugar or other stimulants.

**Take away:** Four quick and easy ways to make you feel good and re-energised

### Learning objectives

You will have the opportunity to:

- Explore how even just small amounts of physical activity can impact your mental and general health and wellbeing, creativity and productivity.
- Learn what to do about a sedentary lifestyle
- Get some tips on what to do about your posture
- Deskercise – try out some easy stretches and exercises you can do at your desk

### Who should attend?

Managers and staff at all levels.

### Format

A bite-sized session for up to 15 people.

### The expert trainer

**Julia** is a leading Pilates and fitness instructor who specialises in bringing fitness classes directly to offices across London. She is passionate about getting workplaces active and championing the benefits of staff health and wellbeing to employers.

Prior to becoming a fitness instructor Julia worked in the health charity sector which included five years at the British Heart Foundation (BHF) project managing National Heart Month. Having worked in an office she knows too well the time and motivational challenges people face when it comes to exercise. It was weekly lunchtime Pilates classes offered whilst at the BHF which first got her into fitness and she's now been practising Pilates for over ten years.

In 2011 she set up her own business as, like many, she found it hard to find the time, and often motivation, to go to the gym or exercise after work. So she had the idea to make it easier by bringing classes directly to the workplace. Initially it was just Julia teaching Pilates, but after reaching full capacity and seeing demand for other classes too, she recruited other instructors. She now works with a team of fantastic fitness instructors bringing Pilates, Circuits, HIIT, Yoga, Zumba and more directly to workplaces across London. She is a winner of Jacqueline Gold's Women in Business Award for Female Entrepreneurs.

Julia has a strong media presence, providing quotes, advice, and articles for workplace health features in the media including: BBC Radio 4, Guardian, People Management magazine, WeAreTheCity, Health Club Management, Prima and Business Healthy to name a few. She was also recently on the expert panel for a Guardian online live Q&A about staying healthy in the workplace.