
WILD ONLINE WORKOUTS

A HEALTHIER FUTURE FOR YOUR BUSINESS

LIVE STREAMED WORKOUTS
ON DEMAND EXERCISE VIDEOS
EXPERIENCED WORLD CLASS COACHES
A HOLISTIC APPROACH TO WORKFORCE WELLBEING



A HEALTHIER FUTURE FOR YOUR BUSINESS

WHAT IS IT?

With over 10 years of training experience and fitness programming - Wild Online Workouts is trailblazing the future of digital fitness.

Not just physical workouts, Wild Online Workouts provides a 360 degree approach to a healthy lifestyle by looking after mental and emotional health too.

Engaging on demand workouts, practical nutrition guides, weight loss plans, to holistic support such as; yoga, meditation and our popular mindset coaching by Adie Sharif - Performance psychologist with over 25 years experience.

"IT'S DIFFICULT TO EXPRESS WHAT A BONUS IT'S BEEN TO HAVE ACCESS TO WILD TRAINING LIVE AND LIVE STREAM CLASSES THROUGH LOCKDOWN. NOT ONLY IS IT AN AMAZING WAY TO KEEP FIT, THE CLASSES ARE A GREAT WAY TO RELIEVE STRESS AND CONNECT WITH OTHERS. I FIND I'M MORE FOCUSED AND READY TO TAKE ON THE REST OF MY DAY WITH ENTHUSIASM".

**EXERCISE DESIGNED
BY ORDINARY
PEOPLE, FOR
ORDINARY PEOPLE,
TO FEEL
EXTRAORDINARY.**

Wild Online Workouts is proving to be the modern solution for businesses wanting to achieve a greater sense of wellbeing for their staff.

OUR SERVICE INCLUDES:

- Access to our on demand exercise videos via the Wild X Fitness App.
- 16 unique live streamed workouts with our coaches every week.
- A team of charismatic coaches who are passionate about transforming the health of your business.



UNHEALTHY BUSINESSES GET LEFT BEHIND

WHY YOU NEED TO ACT NOW

Your workforce's mental and physical health will have a defining impact on the performance of your business. A business that proactively nurtures its employees health is going to outperform their competition.

Reduced costs from absenteeism. Improved staff retention. Increased productivity. More energy to create new customers for your sales pipeline. Your employees will feel it. Your customers will feel it. Your bottom line will feel it. Modern life has transformed what people need from a wellbeing strategy.

The World Health Organisation's advice of 150 minutes of vigorous exercise per week doesn't really cover the full picture.

There is a holistic need to help individuals manage daily challenges like stress, anxiety and sleep. This isn't going to be a single system solution.

Exercise, recovery, relaxation, nutrition, mindset. All delivered in a supportive, flexible way to maximise uptake and consistent engagement.

- A happy workspace made people 12% more productive - *University of Warwick*.
- Every dollar invested in the intervention yielded \$6 in healthcare savings - *Harvard business review*.
- Back pain costs £10 billion for the UK economy - *Pubmed.gov*.

IF YOU ALLOW YOUR STAFF TO SUFFER WITH THEIR PHYSICAL, MENTAL OR EMOTIONAL HEALTH, YOU ARE FORCING YOUR WORKING CULTURE AND THE GROWTH OF YOUR BUSINESS TO SUFFER.



WILD TRAINING GIVES A BETTER SERVICE FOR LESS

OUR SERVICE

ACCOUNT MANAGER

Maybe one of the most valuable parts of the Wild Online Workouts for business service. Your business's own Wild Training Champion. The accountability - the thing every other wellbeing programme is missing. A third party that cares about the health of your business. Someone to interact with your staff to promote the health and wellbeing services being provided and to report on engagement of your staff.

WILD ONLINE WORKOUTS

Streamed Live video workouts and lifestyle seminars your team can watch and discover whenever and wherever. Multiple sessions each day covering a variety of exercise styles. Our coaches deliver some of the best workouts in the country, using the best web portal systems, delivering an exceptional experience to your staff.

The major benefit of Wild online workouts is that our video exercise sessions seamlessly integrate with your business's current digital infrastructure.

WILD X FITNESS APP

Giving you access to a massive range of video content via the Wild X app or the wildonlineworkouts.com website. You can watch these videos anywhere, anytime. 15-minute video workouts, with detailed coaching and nutrition guides. Comprehensive mindset coaching.

Literally hit play and work out with us. Our system builds exercise into a routine for people, the consistency changes their mindset, as well as their health.

YOU GET A BETTER SERVICE, FOR LESS

- Tier 1 - £1000 up to 500 people
- Tier 2 - £1700 up to 1000 people
- Tier 3 - £4500 up to 3000 people

Quarterly sign up with monthly payments.



WILD TRAINING DELIVERS A NEW ERA IN THE HEALTH AND WELLBEING OF YOUR STAFF

OUR CHAMPIONS

Our Champions are the very best trainers, who have the most experience in delivering high quality training to their clients, in person and online.

They're all experts in their fields and have a contagious passion for fitness.

They will be responsible for encouraging and engaging with your team to make sure that they are getting the very best from their training.

Buying your staff a gym membership on it's own isn't enough - Only 15% of the UK population chooses to go to the gym. 85% of your workforce won't engage.

Lockdown has changed our routine around going to the gym. People that attend classes at the gym attend the gym more regularly and keep their membership active for longer.

For many people a fitness app doesn't create the engagement needed to motivate. An app can't always offer the versatility required when adapting to a variety of people with different goals.

Someone to interact with your staff, to promote the health and wellbeing services provided, and to report on your staff engagement.

The need for flexibility in our work lifestyles has never been higher.

PEOPLE HAVE NEVER
NEEDED TO BE ACTIVELY
SUPPORTED WITH THEIR
HEALTH AND FITNESS
MORE, THAN RIGHT NOW.



WHAT OUR CLIENTS THINK

"I LOVE THAT IT'S MADE EVEN EASIER TO KEEP FIT AND HEALTHY BY SIMPLY OPENING UP THE LAPTOP AND WORKING OUT STRAIGHT AWAY WITH THE AMAZING WILD TRAINERS. I FIND THAT THEIR COACHING IS JUST AS EFFECTIVE AS IT WOULD BE AT THE GYM!"

"FOR ME THE WILD X APP HAS BEEN AN ABSOLUTE LIFESAVER. TRAVELLING WITH WORK MEANS I CAN CONTINUE TO STAY ACTIVE WHEREVER I AM BODYWEIGHT TO EQUIPMENT - THERE'S ALWAYS A CHOICE"

"WILD LIVE CLASSES HAVE BEEN BRILLIANT! YOU CAN BOOK IN ADVANCE, MOST ARE WITHOUT EQUIPMENT & YOU CAN TRAIN IN REAL TIME WITH OTHERS FROM THE COMMUNITY. YOU'RE ABLE TO INTERACT WITH YOUR TRAINER YET EXERCISE SAFELY FROM HOME.

I ALSO LOVE THE WILD STREAM CLASSES WHICH ARE RECORDED SO YOU CAN ACCESS LATER IN YOUR OWN TIME. SUPER FLEXIBLE & ALWAYS FUN!"