

WHY CHOOSE THIS PROGRAMME?

- A healthy workplace is a productive workplace.
- Gain more energy and self-confidence.
- Manage stress more effectively.
- Encouraging your employees to adopt regular physical activity and healthy lifestyle choices pays off in numerous ways.
- An employer who shows concern for the health and well-being of employees minimizes turnover and develops stronger company loyalty.
- Our programme offers a one of a kind blend of in person 1 to 1 appointments with a qualified health coach and online coaching.
- Our flexible approach to Health and Wellness allows your team to integrate healthy living and physical activity into their daily routine.



"The Mardyke Arena UCC Health and Wellness Programme is effective and well thought out – it had a very positive long term effect on all 24 participant's from the Port of Cork.

The inherent success of the programme is attributable to the realistic approach to setting targets that are tailored to individual's circumstances and especially the sustainability of the programme. Unlike other endeavours we have tried, this programme has been permanently incorporated into the lives of many of our participants long after completion."

Joann Salmon,
Port of Cork



WHO WE ARE

The Mardyke Arena UCC has been a center of excellence for Sport and Recreation since it first opened in September 2001. Recently we have extended our Arena services to include a Corporate Wellness programme.

Our Corporate Wellness Programme has been designed to help your team modify their lifestyle and give them the tools they need to move towards their optimal state of wellbeing and performance. Here at the Mardyke Arena UCC we are committed to providing you with the resources and guidance to take charge of your own wellbeing and to make a positive change to your team's lifestyle.



"Having participated in the Mardyke's Health and Wellness Programme in 2017-18, and given my professional interest in this area, I have to say that I was impressed with what the programme had to offer. Through a combination of the use of individualised goal-setting and the personal regular input from an assigned coach, I felt supported and enabled to make changes that have lasted. The facilities in the Mardyke are excellent and the staff are always friendly, courteous and welcoming. Give it a go!"

Dr. Michael Byrne,
Head of the Student Health Department,
University College Cork



CONTACT US

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the arena clinic



Corporate Wellness Programme



OVERVIEW OF THE PROGRAMME

The aim of the Corporate Wellness Programme is to empower our clients to take control of their Lifestyle and Physical Activity. We use our online platform Nudge Coach and a Fitbit to help you assess your lifestyle and then guide you to your goals step by step, encouraging you all the way through your transformation.



BENEFITS FOR EMPLOYEES

- Improves health and wellbeing.
- Reduces risk factors associated with preventable chronic diseases.
- Improves self-esteem.
- Increase general Physical Activity.
- Increase intake of healthy food.

BENEFITS FOR EMPLOYERS

- Improves productivity.
- Improves employee engagement.
- Improves recruitment and retention.
- Improves organisational brand and culture.

ABOUT THE PROGRAMME

The relationship between coach and client can be a key factor in the success of any programme. In person and online contact with Andrew and his team will be ongoing throughout the duration of the programme to provide the best possible experience and to achieve the greatest results.

Every week we will guide you through evidence based Health and Wellness topics and offer weekly recipe suggestions.

“The Coaching was very clear, very helpful and very motivating.”



“Our aim is to empower our participants with knowledge which will prevent weight gain through physical activity and nutritional guidance.”

Andrew Burns
BSc MSc

QUALIFICATIONS

- MSc (Cardiac Rehabilitation and Prevention)
- BSc (Physiology)
- BACPR Cardiac Rehabilitation Specialist
- NSCA Certified Special Population Specialist

PROPOSED SCHEDULE

8 Week Programme Layout (Corporate Wellness)

Foundation Week

Online Application/Screening Form

1 Hour Set Up appointment

We help you set up your Fitbit and link it to our online Coaching platform.

Week 1

Theme: Physical Assessment & SMART Goal Setting

- Arena Visit/Get together with Coach for measurements.
- Weekly Recipe Suggestion.
- Online Coaching.

Week 2

Theme: Physical Activity Guidelines & Walking Targets

- Online Coaching & Weekly Recipe Suggestion.

Week 3

Theme: Food Pyramid

- Arena Visit/Get together with Coach for measurements.
- Weekly Recipe Suggestions & Online Coaching.

Week 4

Theme: Energy Balance

- Weekly Recipe Suggestions & Online Coaching.

Week 5

Theme: Water/Hydration

- Arena Visit/Get together with Coach for measurements.
- Weekly Recipe Suggestions & Online Coaching.

Week 6

Theme: Advanced Activity

- Weekly Recipe Suggestions & Online Coaching.

Week 7

Theme: Motivation & Long Term Plan

- Weekly Recipe Suggestion & Online Coaching.

Week 8

Theme: Final Measurements

- Arena Visit/Get together with Coach.
- Weekly Recipe Suggestion & Online Coaching.

Tailored Solutions

Option for the Wellness Coach to visit your workplace during the programme.

Please ask during enquiry.