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Health Matters 360 introduces Olympic-themed wellbeing programmes

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Health Matters 360 is introducing workplace health and wellbeing programmes aligned to the Olympic and Paralympic Games.

The health and wellbeing provider will work with previous Olympics' athletes to design corporate programmes to help employees achieve physical and emotional wellbeing.

The programmes can be tailored to each organisation's specific needs.

Anna Hemmings, the British marathon canoeist who competed in the Olympics in Sydney and Beijing, will lead the programmes with a team of former Olympic and Paralympic athletes.

The athletes will share their Olympic journeys and use their perspectives to help employees achieve the best performance in their work and lives.

Sarah Morgan, director and co-founder of Health Matters 360, said: "We are very excited by this opportunity to bring the experience and perspective of these elite Olympians to our programmes in 2012.

"Together with our expertise in corporate health and wellbeing, we are able to offer organisations a motivational experience that will benefit both employer and employee."

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