



Give your business an Olympic edge in 2012 with Health Matters 360



With the London Olympics just around the corner, corporate health and wellbeing specialist, Health Matters 360, is bringing a new dimension of sporting inspiration to its corporate programmes.

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With powerful parallels between performance in the business world and the success achieved by elite sporting athletes, the company will, in addition to its existing health and wellbeing programmes, be working with a team of Olympic and Paralympic contenders from previous Games on programmes designed to help "corporate athletes" achieve physical and emotional resilience, by supporting peak performance and increasing vitality and focus.

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In today's challenging corporate environment, many companies understand that a healthy, focused workforce equals a healthy company, with motivation, happiness and energy the foundations upon which maximum performance and success can be built.

Health Matters 360 specialises in improving health in the workplace, helping companies to increase employee productivity and motivation by taking a 360 degree approach, encompassing optimum nutrition as well as both physical and mental fitness.

Like every programme offered by Health Matters 360, these new highly effective sessions can be entirely tailored to each company's specific needs. Whether it's flexibility in the face of change, maximising energy, or using nutrition and fitness to improve performance or regain focus, these engaging programmes help staff to become healthier, happier and stronger.

Anna Hemmings MBE, Britain's most successful ever female canoeist, leads the new programme with a team of former Olympic and Paralympic athletes. The inspiring elite sportsmen and women will share their Olympic journeys and use their unique perspective to help HM360s clients achieve the best performance in both work and in their daily lives.

Sarah Morgan, director and co-founder of Health Matters 360, says "We are very excited by this opportunity to bring the unique 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 companies a truly motivational experience that will benefit both employer and employee".

For more information about Health Matters 360's corporate programmes, visit www.healthmatters360.co.uk or call **0800 1588 360**.