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It makes business sense to keep in good health

A NEW health company hopes to create optimum health in and out of the workplace.

Health Matters 360, based in Farnham Common, offers one-to-one programmes, health and fitness days, health hubs in the UK and abroad and seminars and workshops for individuals and companies.

Director Sarah Morgan said: "It is our unique 360 degree approach to health that combines physical,

nutritional and mind matters that creates the best results in the fastest time for sustainable long term benefit.

"The scary statistics are that £26m is lost a year in the UK through stress alone in the workplace, 70 million work days lost through stress and one in 10 employees are under their GPs for unmanageable stress.

"Health Matters 360 run specific programmes in the work

place to help take care of people and keep them fit for business. It can help 'take care of business' by investing in their best asset, investing in their people."

The company is working with partners in the area, with local venues including Stoke Place in Stoke Poges and the stately Hedsor House in Taplow.

For more information, visit www.health-matters360.co.uk

