

EduFIT Everyday

Simple Daily Habits. Big Health Gains.



Empower Your Team with EduFIT Everyday

EduFIT Everyday is a science-led workplace exercise and health programme designed to help your team move more, feel better and thrive in health and work. Through the **EduFIT** app and website platform, your team has access to easy-to-follow exercise sessions (live and on-demand) and wellbeing masterclasses delivered by experts*, that are all grounded in research and delivered in an easy-to-understand way that can be practically applied in everyday life. Our mission with **EduFIT Everyday** is to make it as easy as possible for your team to be as fit and healthy as possible. Our focus is high performance in health, strength and wellbeing.



Dr Diane Cooper
Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher
diane@edufit.ie

*The full EduFIT team can be viewed on the next page. ➡

Live Exercise Classes

Monday's

Time	Class	Benefits
7:00pm - 7:40pm	Lift	  
7:40pm - 8:00pm	Reset Stretch	 
8:00pm - 8:40pm	BodyWell	   

Thursday's

Time	Class	Benefits
7:00pm - 7:40pm	Lift	  
7:40pm - 8:00pm	Back & Core	
8:00pm - 8:40pm	BodyWell	   

All fitness and strength abilities catered for in all classes using our unique flexi-level system.

New and morning classes coming in January.

On-Demand

Exercise Videos & Series

- Pilates.
- Strength & Conditioning.
- Stretch & Recover.
- Low Weight, High Rep Training.
- Tai Chi.
- Mixed Mode Training.
- Movement Snacks.

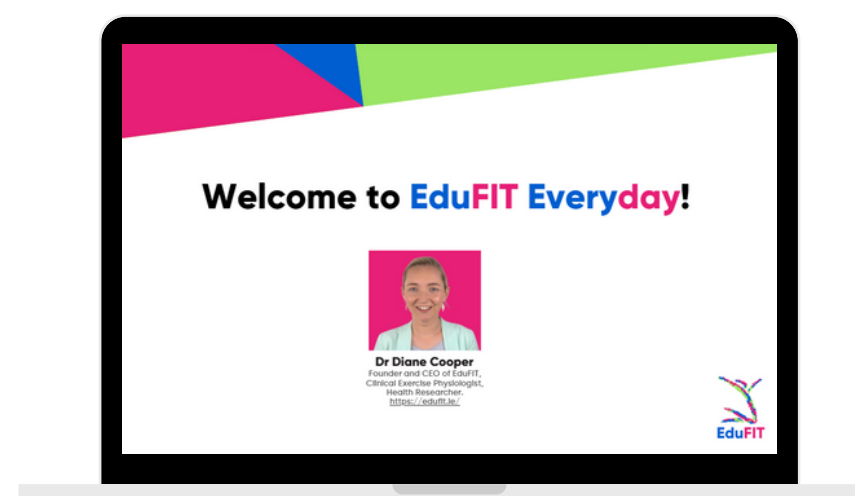
Masterclass Videos

- Women's Health and Menopause.
- The Art of Recovery.
- Daily Habits for Big Health Gains.
- Mixed Mode Training - The Health Benefits for You.
- Healthy Nutrition Habits.
- Goal Setting and Motivation.

+ New content added every quarter.

Complementary Lunch & Learn Workshop

1 x live health workshop worth €395 delivered for FREE on a topic of your teams choice if you purchase an annual EduFIT Everyday subscription.



★
Welcome and 'How-To' session delivered live and on-demand.


Individual and team based challenges available.

€10 per employee per month*
Cancel anytime.

*special launch price.

Yearly discounted subscriptions available.

- 12 months for the price of 11 months.

Email diane@edufit.ie for bookings.



Scan the QR code or click here for a short video demonstration of **EduFIT Everyday**.

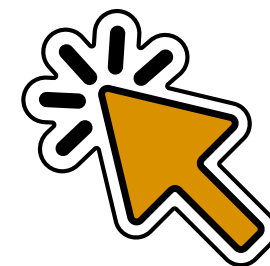


www.edufit.ie
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Click here to read more about your **EduFIT multidisciplinary team of experts.**

Your EduFIT Everyday Team



Dr Diane Cooper

Founder and CEO of EduFIT.
Clinical Exercise Physiologist.
Health Researcher.



Ruth Kavanagh

Registered Associate
Nutritionist (ANutr.).
Health Researcher.



Dr Kiera Ward

Exercise Physiologist.
Sports Scientist.
Health Researcher.
Pilates Instructor.



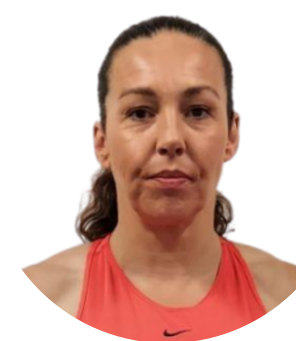
Anne Kavanagh

Exercise Instructor.
Ultra Endurance Athlete.
Strength & Conditioning
Specialist.



Andy Evans

Exercise Physiologist.
Sports Scientist.
Strength & Conditioning
Specialist.



Ruth Delaney

Exercise Instructor.
Strength &
Conditioning
Specialist.

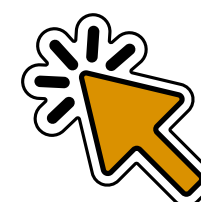


Catherine Nicholl

Sports Scientist,
BACPR Certified
Instructor.
Health Researcher.



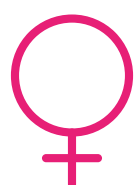
Click here to read our research papers.



Monthly Live 'Lunch & Learn' Workshops to build health knowledge, community and motivation.



Train with **EduFIT at Lunch Time: Book a block of live streamed exercise classes of your choice accessible for your onsite and online team members.**



MenoWell: Our 6-week evidence-based lifestyle medicine programme supporting women pre-menopause, in perimenopause and post-menopause. **Please note we also offer an alternative 60-minute summary masterclass on this topic with or without a 30-minute movement medicine class.**



LIFT: A 4-week programme dedicated to building physical strength and mental resilience.



MoveMed: A 4-week programme focused on how to use movement medicine to maximise health and wellbeing gains for time-pressed adults, including people living with the clinical conditions that are highly prevalent such as type 2 diabetes, high blood pressure, muscle, joint and bone conditions.



Ask us to customise your team/company specific workouts, workshops and programmes.

Please contact Diane via email diane@edufit.ie for detailed content and pricing for the add on's.

What are the benefits of **EduFIT Everyday** for your company?



↑ Health and Wellbeing



↑ Education and Training



↑ Employee Support



↑ Team Morale



↑ Inclusivity



Happier, Healthier Workforce



↑ Employee Self-Confidence



Positive Health Culture



**Driven by science.
Delivered by experts.**



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