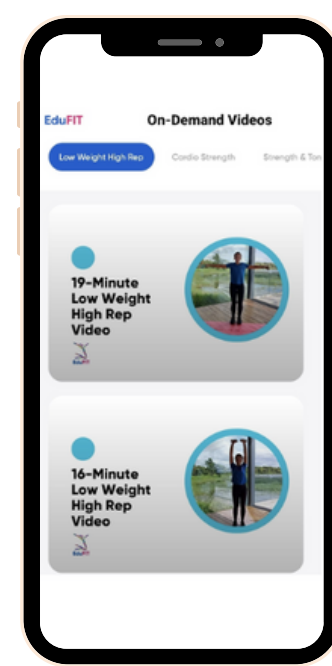


# EduFIT Everyday

## 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	7:45-8:30pm BodyWell	8:30-8:50pm Stretch & Mobility
Tuesday	8:00-8:30pm H.I.I.T/AMRAP	8:30-8:50pm Stretch & Mobility
Wednesday	1:00-1:30pm BodyWell	
Thursday	7:00-7:45pm Lift	7:45-8:00pm Core

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

H.I.I.T = High Intensity Interval Training.

AMRAP = As Many Rounds or Reps As Possible.

BodyWell is a multimodal exercise class that includes aerobic, strength, balance and flexibility exercises.



### On-Demand

#### Exercise Videos & Series

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

#### Masterclass Videos

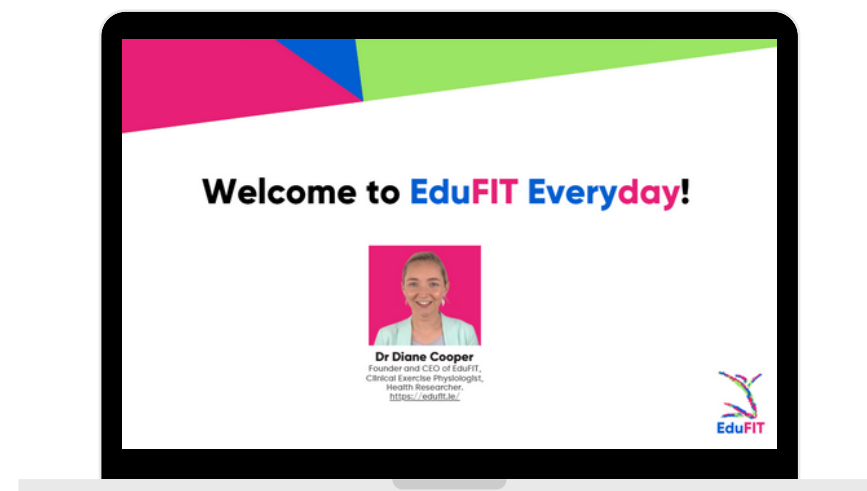
- Women's Health and Menopause.
- The Art of Recovery.
- Daily Habits for Big Health Gains.
- Mixed Mode Training – The Health Benefits for You.
- Healthy Nutrition Habits.
- Goal Setting and Motivation.

+ 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.

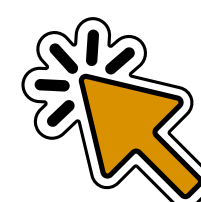
Yearly discounted subscriptions available.

- 12 months for the price of 11 months.

Email [diane@edufit.ie](mailto:diane@edufit.ie) for bookings.



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



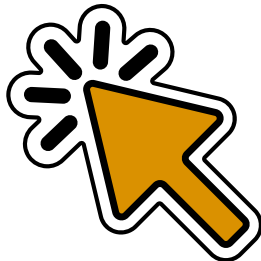
[www.edufit.ie](http://www.edufit.ie)

@edufitireland




# EduFIT Everyday

Simple Daily Habits. Big Health Gains.




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.

 **Add On's**

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](mailto: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.**



[www.edufit.ie](http://www.edufit.ie)  
[@edufitireland](https://www.instagram.com/edufitireland)

