



# Nutrition Challenge



We are looking for a savvy Yorkshire based employer who wants to create or enhance their culture of wellbeing in the workplace – a culture that their teams can thrive in.

*Would you and your business like to be a partner in our flagship SuperWellness Nutrition Challenge?*

This is will be a jointly financed venture at a very special investment – a once only opportunity for a Yorkshire based business wanting to make a real difference to their employees in 2018.

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**SuperWellness will make a £7.5K investment in this case study Nutrition Challenge.**

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Our Nutrition Challenge enables us to work directly with your employees to bring about positive, long-term lifestyle changes and create strong engagement around wellbeing.

**Give your employees the opportunity to:**

- ✓ Improve energy, sleep, body composition, stress and resilience
- ✓ Receive guidance and support from qualified nutritionists
- ✓ Be inspired to make easy food and lifestyle changes which they can apply at work & home



## Let SuperWellness Become Your Secret Weapon for:

- ✓ Reducing Sickness Absence
- ✓ Strategy to prevent long-term chronic sickness through lifestyle changes
- ✓ Improving Productivity
- ✓ Employee Engagement
- ✓ Enhancing Destination Employer Status
- ✓ Health and Wellbeing Benchmarking and Recognition e.g. Britain's Healthiest Workplace, Public England's Health Needs Assessment, Workplace Wellbeing Charter
- ✓ Track Health and Well Being engagement of employees, provide data of measurable improvements and demonstrate value of investment.
- ✓ Add new activities and added value to your existing Employee Well Being Services



**To apply for the SuperWellness Nutrition Challenge**  
[Click Here](#)

Please make your initial enquiry by 15<sup>th</sup> March 2018.  
 We are aiming to select our Case Study Partner by 2nd April 2018.

<b>PHASE 1</b>	<b>PHASE 2</b>	<b>PHASE 3</b>
<b>April</b>	<b>May - July</b>	<b>End of July – Early August</b>
<ul style="list-style-type: none"> <li>• Initial Consultation.</li> <li>• Health and Wellbeing Audit.</li> <li>• SuperWellness Health and Wellbeing Survey of Your Employees.</li> <li>• Design and shaping of 3-Month Challenge (all completed during April).</li> <li>• Launch of Wellbeing APP</li> </ul>	<ul style="list-style-type: none"> <li>• The 3 Month Challenge</li> <li>• 1 day on site each month with two SuperWellness Nutritionists delivering workshops, a seminar and body composition checks</li> <li>• Monthly support to all your employees</li> </ul>	<ul style="list-style-type: none"> <li>• Final Measurement.</li> <li>• Reporting feedback on Return on Investment</li> </ul>

## Our ideal partner will ...

- Be based in North of England in an YO or LS or WF or HD or HX or BD postcode area
- Have 100 employees or MORE
- Be committed to a long-term well being strategy
- Be ready and willing to start working with us in April 2018
- Be prepared to financially invest in this programme
- Be willing to share the results of the case study in the public domain e.g. press, industry briefings, seminars
- Open to all SECTORS of private and public business, industry and education



## WELCOME to SuperWellness

*“Our mission is to create a culture of wellbeing which supports your business goals.*

Companies who look after their employees’s wellbeing are those which attract the best candidates for jobs, retain their most valuable employees and are spoken of most highly in their sector. They are also the ones with the best productivity performance and levels of engagement.

At SuperWellness we specialise in Nutrition-centered Employee Wellness and we believe that nutrition should be one of the pillars of your wellbeing strategy, along with communication and engagement, multiple touch points and a healthy environment. Our team of wellbeing specialists and corporate nutritionists help businesses and their people to tap into their full potential by engaging in healthy lifestyle change.

We have a team of 20 Fully qualified BANT and AfN registered nutritionists and SuperWellness Associates UK wide.



*“We create a BUZZ of contagious engagement wherever we work.*

We launched our services in the North with Lisa Chothia as our Lead Associate in the Region and to get the SuperWellness party started in Yorkshire we would LOVE to find a partner for our flagship SuperWellness Nutrition Challenge.

*“We have a great wellbeing story to share and we’d love you to be part of it.*

– Angela Steel, Founder of SuperWellness

[www.superwellness.co.uk](http://www.superwellness.co.uk)

# Application Process

Please let us know that you are interested by completing the Nutrition Challenge follow this link to complete the application form..



To apply for the SuperWellness Nutrition Challenge  
Click Here

...and we'll be in touch to arrange an informal meeting to discuss more.

If we are a good fit then Lisa will arrange to meet with you at your workplace to further explore the opportunity.

We are aiming to confirm our CASE STUDY partner by 2nd April 2018.

Please register your interest as soon as possible – we are anticipating a lot of interest.

To apply for this special opportunity or to find out about our range of services, please contact me – Lisa Chothia.

[Lisa@SuperWellness.co.uk](mailto:Lisa@SuperWellness.co.uk)

