



TESTIMONIALS

"Personalised approach, patience and understanding.

Great sessions now have a more positive outlook and motivation.

Great support from the team."

"I have found the program has empowered and motivated me both in body and mind. I am eating healthy and Jordan is an excellent coach, supportive and understanding. Thank you so much"

"The 1:1 scheme has helped my physical shape and mental health in and out of work. It also gave me more confidence with the support and guidance given, seeing the progression throughout the weeks was also a positive benefit."

"I am now much more capable of doing exercises and I really enjoy it too and for the first time in my life I look forward to doing exercise instead of dreading it! This program has been the best thing I have ever done and I look forward to now continuing with exercise as a positive part of my life."



FURTHER INFORMATION...

Make the first step today towards the lifestyle you really want, contact us at

ACTIV8@GOV.IM



ACTIV8

ONE TO ONE SUPPORT PROGRAMME



WHO IS THE ACTIV8 SUPPORT PROGRAMME FOR?

Anyone who wants to make a positive lifestyle change and enjoy healthier habits.

Anyone trying to become more active but find getting started tough.

With the help and support of an Activ8 co-ordinator we can help make getting started much easier and at a pace that suits you!

GETTING STARTED IS REALLY EASY...

Refer yourself directly to join the programme, please email: Activ8@gov.im

DO YOU SUPERVISE OR MANAGE STAFF?

If you feel any of your staff would benefit from the one to one programme, again please just email: Activ8@gov.im

OTHER OPTIONS...

There are also other options to access the programme through the routes below, again its really simple just email Activ8@gov.im we will take care of the rest.

- Staff Welfare
- Occupational Health
- Wellbeing Officer or Department contact
- Your Union

STEP BY STEP WHAT HAPPENS NEXT!

- An ACTIV8 co-ordinator will contact you to arrange a meeting over a coffee on a day and time that suits you and more importantly in an environment that you feel comfortable in.
- The activity and exercise options will be explained, but don't worry if you don't like the gym, we will find an activity that you do enjoy.
- You can enjoy 6 x one hour sessions with an ACTIV8 co-ordinator again at a pace that suits you, the 6 sessions for most will be weekly but for some more and others less.
- There will also be email and phone support, any questions or worries we can help.
- There will be a simple pre and post questionnaire to complete, all it takes is a few minutes.
- The co-ordinator will arrange a MSR Score card and walk through with you slowly how you use your score card and the benefits of using it.