

ONLINE FITNESS VIDEOS



SUPPORT AND MOTIVATE YOUR EMPLOYEES TO LIVE A HEALTHY LIFESTYLE WITH ACCESS TO OVER 600 ONLINE FITNESS VIDEOS.

OVERVIEW

GymCube is one of the UK's leading providers of online health and wellbeing portals populated with hundreds of free fitness videos and healthy recipes as well as useful wellbeing information.

An online community with thousands of members, GymCube is accessible from any device and rich with valuable content to help employees get active. Whether they want to lose fat, increase fitness, gain strength or simply lead a healthier, happier lifestyle, your employees can pursue their goals for free using GymCube.

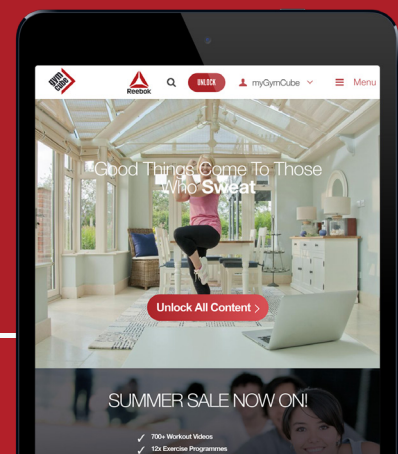
Anywhere, anytime, employees can access hundreds of fitness videos where they can do HIIT, Abs, Combat, Dance (similar to Zumba), Indoor Spin Cycling, Yoga, Pilates and more, all with their very own online gym trainer. They can also browse an extensive library of healthy recipes and informative lifestyle and nutrition content.

KEY FEATURES

- Live and interactive weekly workouts
- Employees can create their own community groups
- Downloadable lifestyle guide
- Ability to compare stats and progress pictures
- Employees can create a personal library of favoured videos
- Internal messaging feature
- Extensive blog content with helpful information about fitness, nutrition and lifestyle

HOW IT WORKS

- 1 Register – employees can register with GymCube for free via the advantage platform.
- 2 Log in – employees log into 'myGymCube' where they can view their dashboard, connect with other users and get started with the health and fitness journey.
- 3 Take part and enjoy!



For more information please visit: peoplevalue.co.uk
Call us: 01865 876696 or email: enquiries@peoplevalue.co.uk



PHYSICAL WELLBEING
– Information sheet