

CORPORATE **WELLBEING**

Koha Fitness is set in the centre of Christchurch on Hereford Street. The majority of our members are from the corporate world so we understand the demands of corporate life and the importance of supporting teams to thrive amidst the pressures of the business world. The stress that corporate jobs often bring means that productivity can dip, focusing on team well-being will help boost performance and operate at their best.

At Koha Fitness, we believe that good health is invaluable. That's why we're dedicated to bringing the gift of health to Christchurch's corporate community. Here at Koha Fitness we offer corporate well-being solutions; including workshops, seminars and team building sessions all based around Te Whare Tapa Whā.

Customise your corporate well-being experience by selecting from our array of workshops, seminars, and team-building activities to meet your business's unique needs. Let's empower your team to perform at their best and foster a culture of well-being together.

OFFERINGS

Team Building Sessions

Chair Massage

Posture Workshops

Stress Management

Breathing Workshops

Goal Setting for Women

Wellness Seminars

Nutrition Workshops

Mindset and Growth

[FIND OUT MORE](#)

For more information:

 www.kohafitness.co.nz

 nicky@kohafitness.co.nz

 0800 KOHA FIT or 021 450 215

TEAM BUILDING SESSIONS

Welcome to our Team Building Fitness Sessions! These sessions are the perfect opportunity for managers and employees to come together to foster stronger bonds, have fun, and shake off the day's stresses, while getting top-notch training from our certified fitness pros.

Choose from the following classes:

- Pilates
- Killerwatts (Indoor Cycling)
- HIIT
- Strength Express
- Yoga

Join us and discover the perfect blend of teamwork, motivation, and fitness. Let's elevate your corporate well-being experience together.



CHAIR MASSAGE

Relieve head, neck and shoulder tension with our chair massages.

Massage can:

- Increase focus, energy and mental clarity.
- Relieve muscle tension and pain.
- Reduce stress.
- Increase employee productivity.

We will come to your business - employees can book in 15 minute slots.

Minimum 3 hour bookings needed.

POSTURE WORKSHOPS

Good posture is also known as neutral spine. When we have good posture, the muscles surrounding the spine are balanced and supporting the body equally. Good posture can:

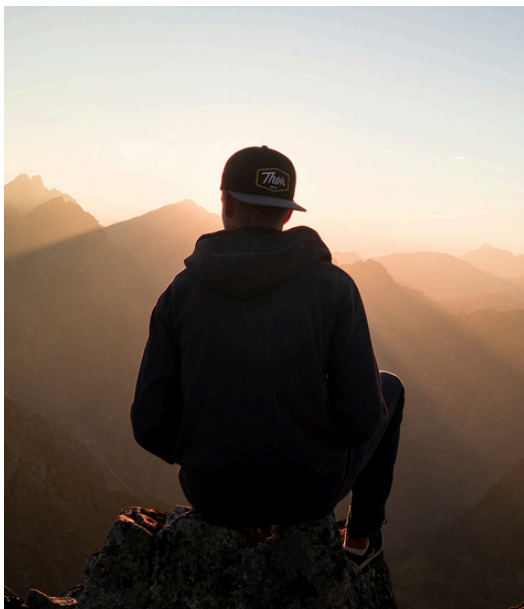
- Reduce lower back pain.
- Decrease headaches.
- Increase energy levels.
- Reduce tension in your neck and shoulders.

In this workshop we will focus on your posture in the workplace. We will look at how your work station is set up and how it can be adjusted to improve your posture.



STRESS

MANAGEMENT



Feeling overwhelmed at work?

You're not alone. Stress is a common reaction to juggling deadlines, meetings, and responsibilities. While having some challenges at work can be positive, ongoing work-related stress can impact your mental and physical health. Fortunately, there are things you can do to reduce your levels of stress at work.

During our stress management workshop, participants will look into what causes stress, how their body responds to stress and then we will equip them with some simple techniques that they will be able to use to combat stress in the workplace.

BREATHING WORKSHOPS

Participants delve into the art of efficient breathing, harnessing the power of diaphragmatic techniques. Learn to breathe correctly has a multitude of benefits:

- Slows breathing rate - promoting calmness in the midst of chaos.
- Reduce heart rate and blood pressure.
- Lower oxygen demand, allowing for increased energy and focus.
- Deep relaxation and mindful breathing.
- Strengthens core muscles for improved stability and posture.

These workshop elevate well-being, reduce stress, and enhance performance.



WELLNESS GOAL SETTING

A wellness goal setting workshop for women.

Participants will be guided through uncovering their unique wellness vision. This is an important first step to achieving health and wellness goals, and to overall life satisfaction.

Workshop includes:

- Understanding the essential pillars of health and wellness.
- Movement practice - gentle movement to reconnect with the body and calm the nervous system.
- Discover and design your Wellness Vision.
- Create your 30 Day Healthy Habit Road Map.

Maximum 6 participants.



HEALTH AND WELLNESS SEMINARS

With over 18 years of medical expertise, Dr. Olivia brings a wealth of knowledge in family and lifestyle medicine, oncology, adult medicine, and pediatrics. Her journey alongside countless clients shown her the incredible capacity of the human body to heal itself when nurtured in the right conditions. Embark on a journey of holistic wellness with Dr. Olivia's seminars:

- Let's Talk Hormones: Navigating Menopause.
- The Gut Health Brain Axis and Emotional Wellbeing: Uncovering strategies for a balanced mind and body.
- Heart Health: Understanding how lifestyle choices impact heart health and longevity.
- Brain Health: Expert guidance on optimising brain function.



NUTRITION SEMINARS

Nutrition isn't just about what you eat; it's about fueling your body and mind for peak performance in the workplace.

Having the right fuel (nutritious food) can enhance concentration and cognitive function. That's why we've teamed up with Real Healthy Me to bring you workshops designed to optimise health and productivity.

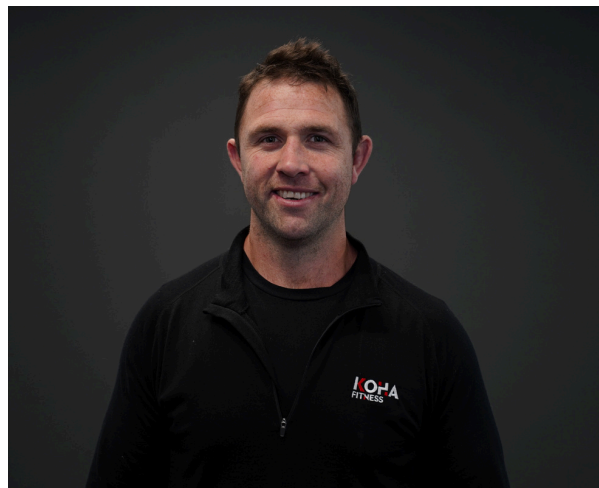
- Brain Food: beat the dreaded three-thirty-itis and stay sharp all day long.
- Healthy Networking: Learn how to navigate work-related social events while making mindful choices.
- Food & Beverage Alternative: Discover healthy alternatives for sustained energy.

MINDSET & GROWTH STRATEGY

Our Mindset & Growth Strategy Workshops are presented by Ged Robinson, a former pro athlete with a Diploma in Positive Psychology.

Workshops are designed to provide you with strategies and tools to be the very best version of yourself, maximising your potential, and empower you to fulfill your life's mission. Workshops are offered on the following topics:

- GROWTH MINDSET - Understanding your brain and how a specific mental attitude determines how you react and respond.
- POSITIVE EMOTION - How they help us be the best version of ourselves and bounce back from adversity, mentally and physically.
- POSITIVE RELATIONSHIPS - This workshop gives you the tools and strategies to get the most out of your relationships.



BESPOKE SESSIONS

We understand that each team is unique, so if you would like to build your own bespoke Corporate Well-being session contact us to chat about options.

[CONTACT US](#)



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