

Corporate Physical Wellbeing Offering

John Murphy Fitness



ABOUT ME

Number of years experience working with a variety of different teams, and individuals at all levels.

✔ Strength and Conditioning Coach with the Kilkenny Senior Hurlers 2023

✔ 2022 S&C Coach of the Leinster & All-Ireland winning Kilkenny U20 Hurling Team

✔ Data & insight driven S&C approach blending my unique academic background of a BSc & MSc in Economics and Finance in UCD with my degree in Strength and Conditioning from Setanta College



BENEFITS OF PHYSICAL WORKPLACE WELLBEING

- Improved wellbeing
- Improved ability to function well at work and at home
- Improved muscular and cardiovascular fitness
- Likelihood of maintaining weight and preventing weight gain
- Improved cognitive function
- Improved ability to manage stress

CORPORATE OFFERING

- **Personalised Fitness Programme:** In-person gym and track testing to create strength & conditioning programme, completed in the employees own time
- **Group Training:** In-person strength, circuit and running classes, tailored to your requirements

CORPORATE OFFERING

- **Corporate Discount:** If your employees want a personalised training programme we can offer a corporate discount
- **Lunch & Learn:** A seminar over lunchtime periods to give employees an informative talk on the importance of exercise in their lives
- **Gym Demonstration:** Demonstration of simple gym exercises, using proper form

TECHNOLOGY LED APPROACH

VALD PERFORMANCE

OUTPUT //

