



WELLBEING IN THE WORKPLACE

Anna Martin
Anna Martin Fitness

Luke Morgan
Zen Anatomy

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ABOUT US



I AM ZEN STORY

Anna & Luke have developed a collaborative relationship over the last seven years with Anna referring her personal training clients into Luke's clinic to help them achieve the healthiest lifestyle possible. With a shared passion for helping others, I AM ZEN was born. The goal is to help companies stride forward in the wellness space and ensure their employees feel fitter and healthier, contributing to a great environment & a robust workforce.



MEET OUR TEAM



ANNA MARTIN

ANNA MARTIN FITNESS

- Personal Trainer
- Nutrition Coach
- Group Exercise Specialist
- Behaviour Change
- Large Group Training & Event Presentation



LUKE MORGAN

ZEN ANATOMY

- Sports Therapist
- Injury Specialist
- Massage, Stretch and Flexibility
- Behaviour Change
- Specialist Focussed Workshops
- Large Group Training & Event Presentation



OUR WELLNESS EVENTS

Build your own event

Whether you're looking for feature presentations for a pre-existing event or day/s built from scratch, I AM ZEN has the building blocks to put together the ultimate package.





OUR SPECIALITIES

We can put together your perfect wellness experience

Here are some ideas for workshops in our areas of expertise.

FITNESS & NUTRITION SEMINARS



Do you want to inspire people to move more? Seminars or 1-2-1 meetings will hope to shine a light on the facts of fitness and help dispel any myths that may be preventing your workforce for taking steps toward a more active lifestyle and a healthier balanced diet. Eating well & moving more can help increase focus & reduce the number of sick days taken.

INDIVIDUAL TREATMENTS



Rehab, preventative injury therapy or massage therapy can be a great way to help your workforce feel appreciated, refocused and relaxed. In addition to this, spinal health screening sessions can help to identify problems before they arise.



OUR SPECIALITIES

Group Fitness Experiences

CONDITIONING CLASSES

Looking for something fitness based? Our conditioning classes can be tailored for your workplace. Whether it's glute activation classes, core workouts or making use of an on site gym, conditioning classes can be made suitable for most fitness levels using bodyweight, light equipment like loop bands or equipment you have in your workspace.



CARDIO CLASSES

Ranging from big brands like Zumba Fitness® & Clubbercise® to bespoke fitness or dance fitness classes, these workouts can bring the team together. Whether for a charity event, team building exercise or simply to allow your team to sample the variety there is within fitness, cardio classes are a fun way to introduce fitness in the workplace.





OUR SPECIALITIES

Focused Workshops

RUNNING PERFORMANCE

If you have an upcoming company running event or if a large percentage of your team run during their lunchbreaks, a seminar on technique, training for running &/or entering a race will help to boost running performance & mindset around running. As one of the easiest ways to incorporate cardio in a working day, running popularity is at an all time high.



BACK PAIN MANAGEMENT

With the vast majority of workplaces requiring teams to sit for long periods, back pain management has never been more important. These sessions can be tailored around the environment & encourage staff to look after their spinal and muscular health.

The management of future back pain is a key indicator for reducing the number of sick days from back pain.





ENQUIRE WITH US



LET'S GET STARTED

We would love to hear how we can help you improve wellness in your business. We are available for individual sessions, day or week long events, in-person and online.

To contact us please email one of the following contacts with more information on what you are looking for:

Anna Martin info@annamartinfitness.co.uk

Luke Morgan info@zenanatomy.co.uk