

The image features a large, abstract geometric design. A white triangle on the left contains the 'REDONBLUE' logo. The rest of the image is a large blue triangle that contains a sunset or sunrise scene with orange and red clouds. A red diagonal line separates the white triangle from the blue triangle.

**REDONBLUE**

LEADERSHIP IN ACTION

# HEALTH, FITNESS & WELLBEING

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Enhance productivity & performance

Encourage a healthy lifestyle in your  
people and teams.

# INTRODUCTION

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Red On Blue Health, Fitness, and Wellbeing vision is to promote wellbeing through our offering of bespoke wellness programmes that prioritise the physical and mental wellbeing of your people. The benefits for your people, teams and the overall success of the wider organisation are numerous, and include:

- Enhance productivity and performance: By encouraging a healthy lifestyle, you can boost employee productivity and performance.
- Reduce absenteeism: A focus on health and fitness can help reduce absenteeism due to illness. When employees are proactive about their well-being, they are less likely to fall ill or experience long-term health issues.
- Foster a positive work culture: Incorporating health and fitness into your company's values can contribute to a positive work culture.
- Attract and retain top talent: Offering a health, fitness, and well-being development can make your company more attractive to potential employees.



# CORE ELEMENTS

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- **Fitness and coaching:** Empower individuals to take control of their health and fitness, providing them with the knowledge, guidance, and support for setting SMART goals, creating personalised workout plans and develop strategies to achieve their desired outcomes.
- **Nutrition:** Educate and empower individuals to make informed choices about their diet and lifestyle with the goal of achieving and maintaining optimal nutritional gains.
- **Sleep Quality:** Empower individuals to make positive changes in their sleep habits leading to improved sleep duration and overall sleep quality for better physical and mental wellbeing.



- Dealing with change – Lifestyle: Introducing changes to our lifestyle to include fitness and diet is stressful. Here we introduce strategies to set SMART goals and accountability for maintained success for specific changes individuals want to achieve.
- Dealing with change – at work: Navigating a Volatile, Uncertain, Complex Ambiguous (VUCA) world. Understand the impact of VUCA on individual, team, leadership performance and decision making. Identify strategies to deal with ambiguity from which stress arises.
- Stress Management: Understanding stress and practicing stress management techniques empowers employees to take control of their well-being and effectively manage stress.





- **Growth Mindset:** cultivate a mindset that embraces challenges, values effort as a path to improvement, and sees failure as an opportunity to learn and grow. Help participants develop resilience, perseverance, and a belief in their ability to continuously improve and reach their fitness and wellbeing goals.
- **Build Resilience:** Understand and identify methods to build resilience to cope and build confidence.





# REDONBLUE

LEADERSHIP IN ACTION

**Investing in the development of your people, not only showcases exemplary leadership but also elevates morale, enhances efficiency, and establishes a well-developed succession plan.**

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For more information on our Health, fitness and Wellbeing programmes contact us at:

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