



PEOPLE WHO MOVE PERFORM BETTER

What are you doing to motivate your staff?

Do you believe that health affects productivity?

Is corporate wellness encouraged in your workplace?

IMPACT Activities offers a fun-filled, fitness-oriented, inspiring solution to leadership development, goal-setting and team-building. Kick start your staff to the road of **health and wellness** by providing a comfortable forum to learn new physical activities and engage in a unique concept of 'moving together'.

CORPORATE MOVEMENT CHALLENGE

The premise is simple, **people who move perform better**. IMPACT Activities will provide a customized experience for you and your colleagues to participate in back-to-back **mind** and **movement** workshops to build confidence, enhance efficiency and inspire personal wellbeing.

1-day, 2-day, and customized programs to fit your needs.

Choose from:

**YOGA
MEDITATION
LEARN TO RUN
PILATES
REIKI**

**CLIMBING
STRENGTH & POSTURE
BOOT CAMP
NUTRITION
REFLEXOLOGY**

**GOLF
BACK TO ABS
HIKING
CIRCUS ACROBATICS
And More!**



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