



Activ8 Your Health

Activ8 creates customized solutions to support organizational wellbeing. We take a holistic approach to facilitate an environment that allows people to see relevance and choose to participate for their own intrinsic reasons. A culture of support and accountability emerges that is driven by the employees and impacts individual health and wellbeing and the overall performance of the organization.

Our approach is consultative, tailored to the organization's discrete needs. We introduce a framework and tools to enable an organization to build new capabilities and sustainable health practices.

OUTCOMES WE SEE

"This is the most impactful program we've ever done - and we've done them all. It touches on all the elements of wellbeing at once."

-Manager, Employee Wellbeing

HEALTH

Improved health and fitness outcomes that translate to decreased risk of musculoskeletal injuries and improved health risk profile for participants

ACCESSIBILITY

A thoughtful movement program that is accessible to all employees and engages them where they are, allowing them to experience success quickly

ENGAGEMENT

Individuals see relevance for themselves and choose to participate in movement activities for their own intrinsic reasons. We see high levels of engagement, particularly with people who are not currently participating

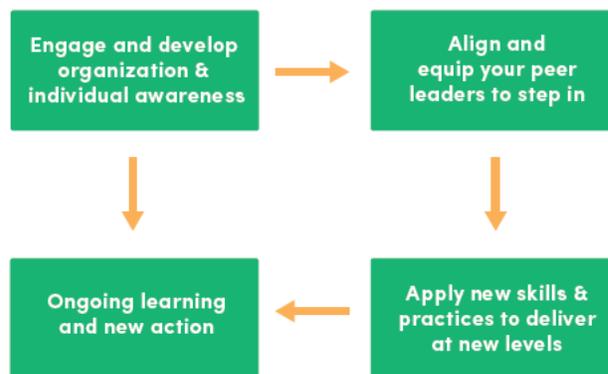
PRACTICES

People see and commit to new possibilities and support effective health practices

SUSTAINABILITY

Internal leaders champion and build practices to support an ongoing culture of health and wellbeing throughout the organization

thriving culture of health & safety



Activ8 Model

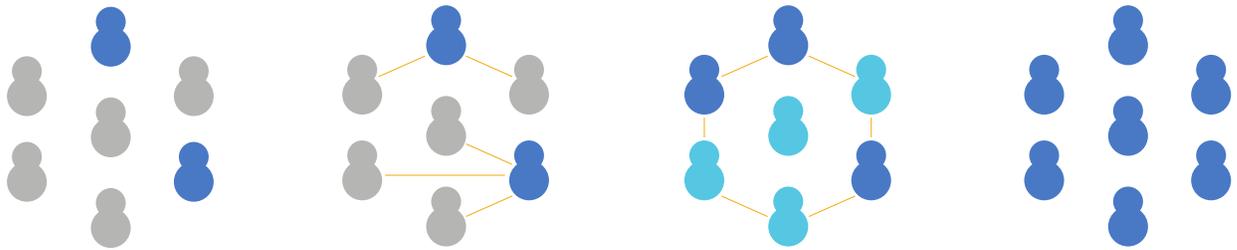


"I've heard that over and over again that it's just really neat that the organization is making the investment in this and also that people are making the investment in other people...this provides a level of caring, partnership, and cooperation that I see extend beyond just the Activ8 process."

-Peer Champion



The figure below summarizes our broad engagement process. We engage with organizations at varying levels depending on their desired outcomes.



AWARENESS

Activ8 works with your organization to identify your desired outcomes and tailor our approach to meet your needs

We support you to identify employee champions and leaders key to effort.

We facilitate a process that supports increased awareness. Employees connect with what is meaningful to them and co-create the process

ENGAGEMENT

We create experiences for champions to gain content and competency to step into leadership roles.

In those roles, we support champions delivery skills for progressive and sequential movement practices that are effective and accessible for your organization.

CONNECTION

Champions co-create practices that will work within their environment and inspire peer engagement

Employees choose in and engage at high levels, including previously untapped populations

Progressive movement practices show immediate impact and build competence of participants

SUSTAINABILITY

A culture of support and accountability emerges that is driven by employees

High-impact health & safety practices become embedded within the organization

Participants experience improved health practices that extend beyond the work day

Online portal supports ongoing practice and continued learning

