

ALCOHOL AWARENESS

- Beer goggles
- Lego tower challenge
- Alcohol units and calculators
- Guess the unit challenge
- Alcohol, food and calories
- Alcohol quiz

ACTIVITY

- Wii Fit challenge
- Wobbleboard and plank challenge
- Keepy Uppy challenge
- Activity quiz
- Activity games day
- Reaction wall

NUTRITION

- Smoothie bike
- Hydration awareness day
- Sugar and fat in foods
- Nutrition quiz
- Portion sizes and eating well

OTHER POPULAR EVENTS

- Men's and women's health awareness
- Summer and winter health
- Posture and back care awareness
- Exercise taster sessions
- Company sports day

Organise your promotional events around national health campaigns

Delivered in a fun, engaging and interactive way

Why not combine 3 or 4 events into a fun packed wellbeing day?