

The Train&Benefit

Health Challenge

Creating a stronger, healthier and bonded team



Powered by:
Train & Benefit



Services We Provide For You

Weekly Team Activities

Each week the team gets body & mind activity, including Runs, Bootcamps. Mindfulness Challenges,(based on subscription model)



Charity Challenge

Once Company team achieves a collective goal, for example 'logging 3 million steps as a team, Train & Benefit will donate 100€ to the charity of your choice



Personalised Health Advice

Each member of the company will receive personalised fitness and nutrition advice targeted to his or her needs



Incentive Program

Employees can pick their favourite rewards from a wide range of partners and discount for products, e.g. personal trainer sessions, meditation program, smoothies delivered to office or fair-trade yoga mats.



Any open Questions?



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