WORKPLACE WELLNESS

Transform Your Culture Through *Purposeful* Movement

meaningfulmovementsolutions.com

Why Movement Matters at Work

Modern work often demands long hours seated, intensive screen use, and high stress, leading to fatigue tension, burnout, and disengagement. Meaningful Movement's workplace wellness is about integrating more movement into the daily fabric of your organization. Make wellbeing part of "how we do business."

What We Do

- *Movement Snack Challenges*- Short guided break routines embedded into the work day.
- *Live/Virtual Workshops*- Interactive and informative sessions on healthy habits, physical activity and behaviour change.
- *Custom Wellness Strategy*- Partner with leadership to design measurable, sustainable programs aligned to your culture.
- *Event Integration & Active Sessions*- Infuse movement breaks or mini-sessions into conferences, retreats, or staff events.

Impact on Your Organization

- Boost energy, creativity and focus
- Lower stress, screen fatigue and physical discomfort
- Improve posture, mood and clarity
- Strengthen team connection and morale

Why Lea Wiens

- Over 30 years of leadership in movement education, physical literacy and wellness strategy
- CSEP Certified Clinical Exercise Physiologist
- Experienced leader with corporate teams, sport organizations, schools and nonprofits

Let's Build a Culture of Movement

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WORKPLACE WELLNESS PROGRAMS

Transform Your Culture Through *Purposeful* Movement

Why Movement Matters

- Combat fatigue, tension, and burnout
- Reduce stress and improve focus
- Boost creativity, posture, and morale
- Build a resilient and engaged workforce

Our Solutions

- Movement Snack Challenges- Quick, guided five minute breaks to reset energy
- Live & Virtual Workshops- Interactive, practical wellness sessions
- Custom Wellness Strategies- Tailored programs aligned with your culture
- Event Integration- Energizing movement at conferences and retreats

Why Partner with Lea Wiens

- Over 30 years of leadership in movement education, physical literacy and wellness strategy
- Clinical Exercise Physiologist background
- Proven success across corporate, schools, sports, and nonprofit
- Combines science with empathy, accessibility and practical application

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