

CiC SERVICES

Wellbeing Specialists and Alternative Therapies

CiC's Health and Body MOT

With CiC's Health and Body MOT individuals have the chance to book in with our fitness professional who will do a body assessment with them and then discuss their short and long term goals or how to make small changes in their lives to promote healthy living. This could be the perfect addition to your next wellbeing event or promotion.

Body MOT's consist of:

- Body fat % and muscle mass checks
- Blood pressure
- Visceral fat
- Metabolic age
- Hydration levels
- Bone mass and physic rating
- Sustainable exercise goals
- Healthy eating
- Top tips to improve overall fitness level.

Nutrition

A motivational speaker on health and wellbeing and a public health nutritionist, our partner specialist Yvonne Wake also writes for various periodicals and is seen as a health expert within the media, regularly speaking on public radio, and within health and fitness articles in the press.

As a true Lifestyle consultant, Yvonne will unlock the doors that stand in the way to healthier employees. Yvonne is available for wellbeing events, as a trainer or for one to one coaching on the topics of nutrition, weight management and related topics.

Massage and Alternative Therapies

Available through our specialists are such services as somatic work and consultation, massage therapy and touch-based therapy, perfect for wellbeing days or as a treat for the office.



Want to know more?

Get in touch with CiC using the details below.

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