

# Workplace - Posture Check Service

## How it works

As the number 1 provider of chiropractic care in the South West, we've perfected our process to achieve the best possible outcomes for you.

Our process and systems are flexible; we cater for the needs of your business and what is best for your team. Have some questions? Arrange to speak with our Screenings Manager.



### 01 Discovery

We start by getting to know your office, meeting the people who work for you and discovering problems that may be affecting their performance. We then find out what you'd like to achieve so we can tailor our services to suit the needs of your company.

### 02 Planning

Once we've gained an insight into your challenges, we'll suggest a schedule of activities designed to solve performance problems and promote healthy habits. We'll also provide posters and leaflets to encourage your staff to take part, so that our services reach the right people in your team.



### 02 Posture Check

During a 1-2-1 session with the chiropractor, each member of staff will have the opportunity to talk through any pain or problems they are having. We'll discuss persistent health issues with them and use the latest posture check technology to identify any postural problems, or bad habits.

A full report will then be provided, suggesting a suitable course of action for each team member. We will provide them with exercises to combat poor posture, tips and advice; and where appropriate they will be offered a discounted consultation in one of our local clinics.

### 04 Healthy Habits Challenge, Talks and Exercises

Each staff member will receive our 30-day healthy habits challenge, giving staff everything they need to make lasting positive changes to their lives. Activities, exercises and free online resources can all be provided too.

For larger organisations we can provide health talks, education and health days. Our health talks provide actionable advice to boost the well-being and productivity of your staff.



### 05 Follow-up

Three months on, we'll return to your workplace and meet the staff who took part during our visit. We'll assess how things have improved, and you'll receive a full report outlining our findings.

Call **0117 325 3639**  
or email [events@willowlife.co.uk](mailto:events@willowlife.co.uk)

