



# Physical Activity Goal Setting

## Live Workshop (Online or Onsite)

### Overview

This interactive workshop is designed to empower attendees to take control of their own physical wellbeing.

In this workshop, we will break down physical activity into exercise and movement and explore each of the five components of physical fitness. We'll introduce a simple test for each component so attendees can take a baseline measure of their fitness at any stage, empowering them to measure and track their physical wellbeing journey.

Small improvements in our physical wellbeing can increase our ability to lead a more fulfilling life. Each one of the five components can make a positive difference to our lives, especially as we age, and they are free and easy to incorporate into daily life.

### Workshop Structure

- Introduction
- The WHO pillars of wellbeing
- What are the subcomponents of physical activity?
- How much physical activity do I need?
- What is the difference between moderate and vigorous physical activity?
- What are the 5 components of physical fitness?
- Why should I care about the 5 components of physical fitness??
- How can I 'self-assess' my own physical fitness?
- How important is movement and how much should I aim for each day?
- What are other Irish companies doing to facilitate physical activity amongst their employees? (Optional)
- Reflect upon what we have learned
- Q&A

### Who will benefit?

- The 5 Components of Physical Fitness workshop will be of benefit to everyone, regardless of their fitness level.



## Managing Expectations

It's important to note that no one will emerge from this workshop as a personal trainer or an expert physical health. Attendees will not be equipped to solution any physical health challenges their colleagues are facing or be equipped to lead a workout or fitness test, that is the remit of professionals. The workshop serves as a way to promote the importance of wellbeing and self-care and how simple daily actions can significantly improve our health and wellbeing.

## Online

- 1-hour interactive online workshop (Zoom is preferred)
- Zoom Pro limit is 100 attendees. Client is welcome to host using their own platform
- Price: €850 ex VAT which includes an accompanying PDF for each attendee on the five components, the physical activity guidelines and links to fitness tests for each of the components.

## Onsite

- 1-hour interactive onsite workshop (Dublin). Email for other location options.
- Price: €950 ex VAT which includes an accompanying PDF for each attendee on the five components, the physical activity guidelines and links to fitness tests for each of the components.

## About the Workshop Facilitator

[Brian Crooke](#) is a wellbeing educator, speaker and adviser, empowering Irish organisations to promote and sustain wellbeing within their workplaces.

He is the founder of *The Work Well Institute* and the [Workplace Wellbeing Ireland](#) community and is Course Director of the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin. He is the host of *The Work Well Podcast*.

In his spare time, Brian is bringing free resistance training to every county and community in Ireland through his *parkHIIT* social enterprise.



[brian@workwellireland.ie](mailto:brian@workwellireland.ie)