

Hello!

Welcome to revitalised,
your online health and wellbeing resource.

FREE
staff benefit!

So what does revitalised do?

Revitalised is a free online tool designed to help you:

- ✓ **Improve health**
- ✓ **Lose weight**
- ✓ **Get fitter**
- ✓ **Eat healthily**
- ✓ **Manage stress**



Basically, it's there to help you achieve your goal of leading a healthy, balanced lifestyle. And it's available to all employees, plus friends and family – and our parent body too.

So why not get started now, **it's easy!**

Register for free at:

www.revitalised.co.uk/churchill

And use this organisation code:

CHURCHILL1



revitalised
your partner in employee wellness

Terms and Conditions apply.
Visit www.revitalised.com/terms for further information,
or for help email enquiries@revitalised.co.uk
This service is not suitable for under 18's.



**say hello to
your online
guides...**

H. Personal trainer and mentor.

H patrols the revitalised site keeping everyone in order... but don't worry, he's quite cuddly really!

J. Healthy eating and motivation.

J is our resident lifestyle guru.

She'll help you find quick and effective ways to eat healthily and reduce stress - designed to fit in with your hectic schedule.