



LGN in-house clubs - Integrated and effective wellbeing

LGN's in-house Run, Walk to Run & Sweat Club services have integrated successfully with employee wellbeing programmes at clients such as BP, M&C Saatchi, Jones Lang LaSalle, Coca Cola, Pernod Ricard & Omnicom Media to name a few.

Our LGN Clubs are designed to provide a cost effective total employee wellbeing solution and we work closely with each client's HR management team to ensure they dovetail existing in-house wellbeing services.

LGN Clubs provide a cost efficient long term employee health solution, with several clients retaining LGN services for more than 5 years, we pride ourselves on client retention via delivering results and ensuring employees enjoy tangible fitness gains

A key aspect of LGN training is that we create a community for all things health related.

-  On the physical side our LGN trainers are uniquely qualified and passionate; our proven training programme allows experienced runners and complete beginners to train together and additionally provides monthly tangible evidence of progress to keep people coming back for more.
-  LGN Clubs are polar opposite to military style fitness boot camps, instead we develop gently enjoyable progressive running fitness that has continuity at its core not fad based fitness that relies on customer 'churn'.
-  Beyond the physical LGN Club community is extended by LGN's round the clock email coaching support, from weekend 'homework', to nutrition & future goal events.
-  LGN enjoys key partnerships with leading sports brand Asics to provides Club members with biomechanical gait analysis and our leading sports retail partner Runners Need ensure your staff have access to the latest innovations.

“ Under the coaching care of the experts at LGN, not only do they help you achieve more than you thought you were capable of, whatever your level, but they never forget that exercise should be a pleasure. ”

(Stephen Woodford - Chairman A&E DDB)



Do a runner with LGN



LGN clubs - A uniquely cost effective wellbeing service:

LGN's employee group training:

LGN to provide 60 minute physical group training via LGN's proven philosophy, starting and returning from your specified work location.

Expert advice round the clock:

LGN coach to provide 24/7 Q&A email support answering all employee health related questions within 48 hours.

Seminars linked to your wellbeing plans:

LGN to provide two seminars per year to employees and link with internal wellbeing programme where required, also serves to inform new joiners about LGN services within the company and reinforce employee health offering.

Employee health improvement metric:

LGN to provide on-going monthly wellbeing metric data via our monthly assessment programme, so HR team can identify tangible fitness gains.

In-house biomechanical analysis & retail:

Where applicable* LGN to provide video gait analysis (Asics) to employees and bring retail opportunity into company via on-site shoe fitting and retail (Runners Need).

Physiotherapy expertise:

Staff to receive injury prevention seminar and 25% discount on physiotherapy + wellness services by LGN partners Back in Action UK.

Kit benefit:

All employees to receive LGN Club discount with Runners Need (UK wide stores).

LGN Club member monthly prize:

Each month an LGN Club member across all clubs who has the best % improvement in their monthly assessment wins LGN monthly running prize.

For more information please email info@lgnwellbeing.com and many thanks for considering LGN Wellbeing in-house services.

LGN Wellbeing works proudly in partnership with:



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