


# *Do a runner with LGN*

LGN is a unique corporate wellbeing company, providing enhanced working performance via our specialist running services

in partnership with 





*'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 running should be a pleasure.'*

**Stephen Woodford**  
CEO DDB London

**LGN** was created in a dual response to growing corporate sector requirement for cost effective employee health provision and the dramatic increase in people trialing running as a route to fitness.

Within the time starved corporate community, LGN running services are recognised as the cost effective, time efficient and accessible method of providing tangible fitness within an employee wellbeing package.

## **LGN services**

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- **In-house running clubs**
- **Seminar provision**
- **Race event activation**
- **Executive coaching**

LGN's in-house running clubs have a proven track record of delivering tangible benefits for our blue chip clients at a remarkable fixed cost.

LGN trainers are uniquely placed to connect with members of your team, experts in their field, with Olympic aspirations, degree level sports science qualifications and experience of corporate culture.

Costing less than most client lunches, LGN can provide your employees with a weekly & functional wellbeing perk, that is both desired and a healthy alternative to team building 'blue sky' away days.

## Partnerships

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LGN has developed best in class working partnerships to ensure our clients receive the most complete service. LGN clients can now provide their employees with the following inclusive wellbeing benefits:



sponsored LGN club captain, expert gait analysis & priority event invite.



access to renowned sports medicine experts at LGN consultation rates.



guest speaker seminars, LGN discount & club promotion.

*'The Company running club under LGN's expert and professional guidance has turned out to be a great success. This is fantastic team building and has become the highlight of our week! I couldn't recommend them, highly enough'*

**Patrick Egan**  
Chief Operating Officer Pali International

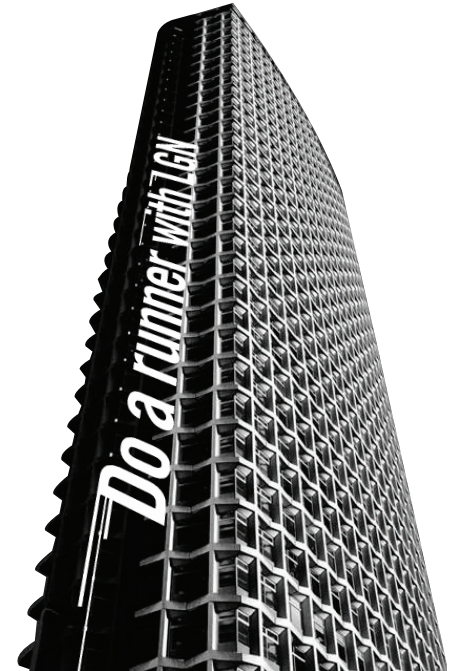
## Events

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Using naturally occurring industry rivalries as a basis for inspiring employee fitness, and with a plethora of leading advertising clients, LGN established the Inter Advertising Agency 5km.

The event proved to be a rapid success, with several hundred runners competing for coveted industry bragging rights. The beautiful venue of London's Regents Park and official backing of industry patron NABS helped to ensure the event became a fixture within the industry calendar.

Future LGN activity includes establishing industry events for both BP and Jones Lang LaSalle and also creating a ground breaking LGN Tower Run event up one of London's most iconic and prestigious buildings.



*'LGN running clubs provide an integral part of the Euro RSCG's wellbeing package, offering a unique benefit beyond purely improving our physical health and essentially promoting team building across disciplines'*

**Mark Cadman**  
CEO Euro RSCG

## LGN client portfolio

BP	DDB London	Medicus Group
Discovery	McCann Erickson	Publicis
Pali International	Lowe	M&C Saatchi
ABN AMRO	Leo Burnett	Red Brick Road
Jardine Lloyd Thompson	Euro RSCG	Mediaedge: CIA
Jones Lang LaSalle	TBWA	Coca Cola
Nike	BBH	Omnicom
JWT	MS&L	CHI & Partners

To find out more information about what LGN can do for your company, please email

**[info@lgnwellbeing.com](mailto:info@lgnwellbeing.com)**

or visit our website

**[www.lgnwellbeing.com](http://www.lgnwellbeing.com)**



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