

# *Do a runner with LGN*

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

in partnership with 



The Inter Advertising Industry 5km created by LGN to provide annual running festival for our Run Club clients



*'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 requirement for cost effective employee health provision and the dramatic rise in people starting to run for fitness.

## **LGN services**

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**In-house Run 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:



In-house expert gait analysis for LGN clients & sponsored LGN club captain.



osteopathic 1-on-1 consultations and free access to Running Injury Oracle.



the running specialists

guest speaker seminars, LGN discount & club promotion.

## Events

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Using naturally occurring industry rivalries to inspire employee fitness, and with a plethora of leading blue chip clients, LGN has created several bespoke industry running events including the annual Inter Advertising Industry 5km.

With nearly 1,000 advertising agency participants competing for coveted industry bragging rights, the beautiful Royal Parks venue and official backing of industry patron NABS, the event has become a permanent fixture within the industry calendar.

Future activity includes expanding LGN's additional race events such as the Anthony Nolan Royal Romp 5km and further developing our licensing event relationship with The Royal Parks.

*'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



**LGN's inaugural Anthony Nolan Royal Romp 5km** and our 'win your weight in wine' women's winner.

*“LGN Run Clubs provide an integral wellbeing package, offering a unique benefit beyond purely improving employee physical health and essentially promoting team building across disciplines’*

**Mark Cadman**  
CEO Publicis Seattle

## LGN client portfolio

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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

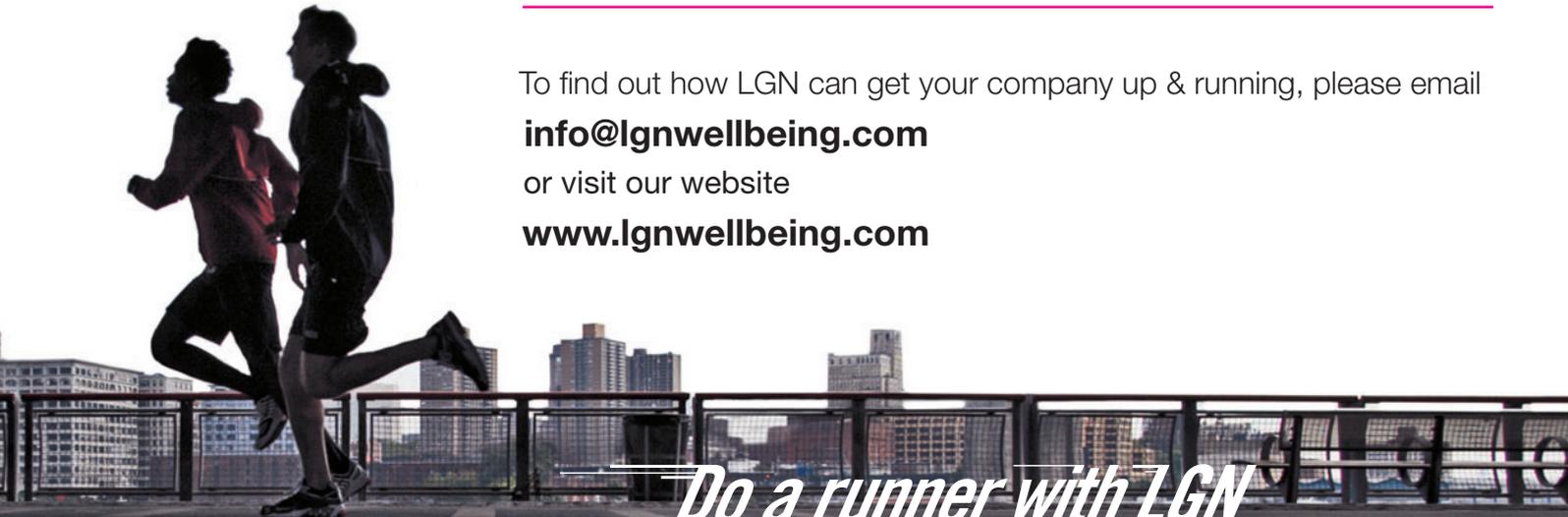
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To find out how LGN can get your company up & running, please email

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

or visit our website

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



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