

# *Do a runner with LGN*

## Welcome to LGN Wellbeing Ltd:

LGN Wellbeing provide corporate employee fitness training to clients such as Savills, Forsters, Unilever, BP and Mercer.

### **LGN 60sec welcome video including JLL employees:**

<https://vimeo.com/192776712>

In addition LGN Wellbeing are especially proud of our long established client relationship with JLL, LGN Wellbeing have provided JLL's weekly Run Club and the annual industry Property 5k since 2009.

JLL's weekly LGN Run Club has a vibrant core membership, the club training is based around short high intensity efforts, and the group stays together whilst welcoming beginners.



*Members of the LGN Run Club team at JLL demonstrate their endorphin profit margin during a weekly session*

LGN's Property 5k has grown from an intra JLL celebration of wellbeing into an event that welcomes the entire Property sector to enjoy the beauty of the Regent's Park venue. The relative short distance and flat Royal Parks course lend themselves to fast and new runners alike and the 2020 event is still scheduled to take place on September 3<sup>rd</sup>.

### **LGN's Property 5k results from 2019:**

<http://www.lgnwellbeing.com/lgn-news/lgns-property-5k-results-2019>

**LGN Wellbeing's JLL service provision during remote working period:**

- 1. LGN weekly video recorded home training sessions**  
Progressive circuit training, cardio sessions & flexibility
- 2. LGN weekly audio coached running sessions**  
Interval based training with LGN coach guidance in your ears
- 3. LGN 24/7 email coaching Q&A service**  
Coaching resource for all health or fitness related questions

**JLL LGN coach Brahma:**

LGN's coach Brahma has delivered JLL's Run Club for over five years, he has helped many club members celebrate new fitness journeys and has an excellent understanding of JLL values.

Brahma has over a decade coaching experience, is both a qualified REPS Level 3 trainer and athletics coach. In his spare time he likes to run 5k races in under 15minutes, race his bicycle and quench his thirst for ecology science.

LGN Brahma's email address – [brahma@lgnwellbeing.com](mailto:brahma@lgnwellbeing.com)



*LGN Brahma doing his best Blue Steel impersonation*

LGN Wellbeing's website can be found here - <http://www.lgnwellbeing.com/>

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