

ENSURE YOU AND YOUR COMPANY ARE IN THE BEST POSSIBLE PHYSICAL & EMOTIONAL HEALTH WITH THIS EXCLUSIVE PROGRAMME FROM CHHP

'In a disordered mind, as in a disordered body, soundness of health is impossible.' Cicero

Professor Greg Whyte OBE & Jon Treanor BA(Hons) Dip Psych introduce you to the Corporate Contender programme. Inaugurate yourself, your team and your business to your physical, emotional and psychological wellbeing. As leaders in their field, The Centre of Health and Human performance (CHHP) in Harley street introduce you to The Corporate Contender health programme that includes a comprehensive physical, emotional and psychological health check like never before!

Example Itinerary

8.30am

Arrival

10.15am

CPEX (Cardio Pulmonary Exercise Test)

8.45am

Consultation & Introduction

11am

Shower & Refreshments

9.15am

Nutrition Consultation (to include full body composition analysis)

11.30am

Emotional Intelligence Profile

9.45am

Biomechanical Assessment (with physiotherapist/rehabilitation specialist)

1.30pm

Feedback, Report & next steps

Duration: 5 hours

Cost per delegate: £1750

*Appointments may be spread over a number of dates depending on availability.

By Appointment only. Please contact CHHP to confirm your place.

Email: info@chhp.com
Telephone: 0207 637 7677