

# BRITISH MILITARY FITNESS WORKPLACE OPTIONS



1. BMF Session (Great for team building) - £200+vat
  - a. Duration 45 minutes (during work).
  - b. 1 Instructor per 20 people
  - c. Emphasis on fun
  - d. Includes Warm-up and cool down stretches
  - e. Indoor space option 1000sf2 per 20 people.
  - f. Risk Assessment, staff name and vehicle registration number provided in advance
  
2. Workplace Wellness Day - £600+vat
  - a. Duration 5 hours
  - b. 2 Instructors
  - c. Logistics below based on timings 10pm-3pm.
  - d. Day consists of 15 min Fitness Tests and up to 3 BMF Sessions lasting 30 min each. Individual tests and BMF classes are booked in advance by your organisation.
  - e. The Fitness Tests – Basic Fitness (Step) Test and/or Body Fat Test. The 3-Minute Step Test measures your aerobic (cardiovascular) fitness level based on how quickly your heart rate returns to normal after exercise. We will take your pulse for a minute after the test (while you are seated) to test your recovery rate. The Body Fat Test is simply measured on a hand help computer (while standing still).
  - f. A Health questionnaire will need to be completed before the Step Test. We will be able to complete 20 fitness tests in 5hrs between 2 Instructors (booking sheet provided).
  - g. Instructors will offer individual advice on future exercise plans and provide hand-outs.
  - h. We only need a small space to complete the fitness tests. But this space needs to be separate from the BMF session.
  - i. BMF Session- 40 people max outdoors (with 2 Instructors). 3 x 30 min sessions booked from 12pm onwards. Emphasis on fun. Sessions includes bibs and equipment
  - j. Indoor space option 1000sf2 per 20 people (with 1 Instructor).
  - k. Risk Assessment, staff names and vehicle registration number provided in advance.

Please email [elliott@britmilfit.com](mailto:elliott@britmilfit.com) for a more personalised quotation.