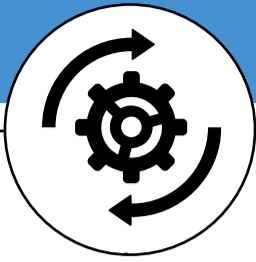


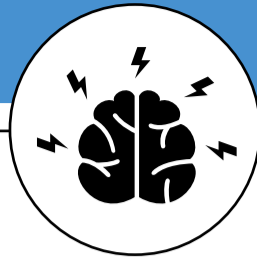
Promoting Wellbeing



Aids production of endorphins and serotonin - hormones that keep people **happier** and more **energetic**.



Increases employee **attendance** and **productivity**. Healthy employees are **3 times** more productive than unhealthy employees.



Reduces **stress** and **improves brain functioning** - enhancing memory, behaviour, concentration and professional/academic **achievement**.



60% of workers said they'd feel more **motivated** if their employer took action to support their **mental** and **physical wellbeing**.

Why beach volleyball?



Improves strength, speed, balance and overall **agility**.

A **low impact**, fun **cardiovascular** exercise - it burns more calories than running on the roads.



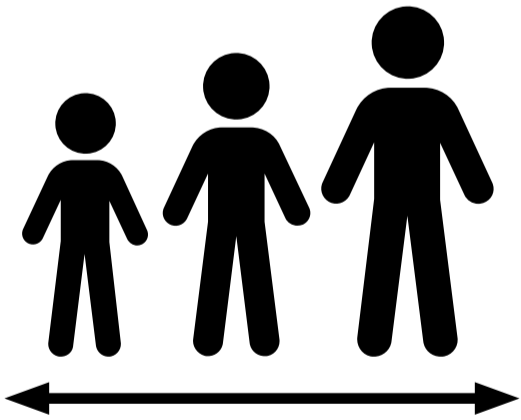
Boosts **concentration** and improves **hand-eye coordination**.

Playing **barefoot** helps **body posture** to improve and work in its more natural form.



Being **outdoors** helps fight depression and anxiety.

Improves **teamwork** and interpersonal skills.



Who can play & benefit?

- Great for **beginners** & all levels of skill.
- **Corporate** socials & team building groups.
- All **schools** with kids aged 8yrs+.



Exercising **together with your team**, builds **healthier brains, bodies and businesses**.

