

BITE-SIZE WELLNESS BREAKS

TWO MINUTE *moves*

ENGAGEMENT-BOOSTING
WELLNESS BREAKS FOR EVENTS
CONFERENCES AND MEETINGS



FEATURED ON



Who can watch Lizzy without smiling?
Not me! AMY YOUNG // Laing+Simmons



Thank you Lizzy for your energy, passion and zing! It was just what we needed to lift the spirits, get energy and be reminded about the positives of moving every day for both physical and mental wellbeing.

BELINDA WINTER | HR Manager // Norgine



Lizzy was an amazing addition to our conference agenda. Her breaks really lifted the mood in a technical heavy conference.

TARA GRIMM | Event Manager // The Tax Institute



YOUR ATTENDEES' WELLBEING

No matter how interesting the content, it can be challenging to ensure attendees aren't losing enthusiasm, energy and engagement when watching hours of presentations. On top of this, sitting for long periods of time can lead to **discomfort, fatigue and distraction**. Whether it's a virtual, live or hybrid event, how do you ensure attendees feel like you are **taking care of their wellbeing?**

ENGAGEMENT MADE EASY

Two Minute Moves makes it easy for you to **fit wellness into your program, boost engagement and enhance the experience** of attendees. Led by world-renowned fitness presenter, Lizzy Williamson, together with a team of experts in the fields of food, meditation, yoga and more, these Wellness Breaks will have your attendees **interacting, pumped for what's ahead and raving** about your event. All you need is Two Minutes!

BITE-SIZE WELLNESS BREAKS

Tens-of-thousand attendees from around the world, from small to large-scale meetings and conferences, have been energized by Two Minute Moves **in-person, virtually or with pre-recorded sessions**. Industries include architects, banking, food chains, marketing, medical, sales, software, pharmaceutical, tax, tech, vets and many more.

THE RESULTS

- ▶ Bust screen fatigue + boost engagement
- ▶ Break up back-to-back meetings and agendas
- ▶ Combat the muscle aches and pain from sitting for long periods
- ▶ Reduce stress, lift spirits + boost mental health
- ▶ Offer accountability + reminders to take care of individual wellbeing
- ▶ People feel cared for and supported



BONUS BENEFITS

- ▶ Help meet Physical Activity + Sedentary Behaviour Guidelines for breaking up sitting time
- ▶ Mitigate against workers compensation claims, injury, stress leave and sick leave
- ▶ Build connection + an agile culture
- ▶ Complement, enhance, support or kickstart your wellbeing strategy
- ▶ Learn a transformative workplace habit



We have got such great feedback from people across the team who are feeling inspired and making some small changes in their daily lives. Such a massive win!

LESLIE DAWSON
Executive Manager // Westpac



Highlight of 2020
JULIUS SOLARIS | Event MB Editor in Chief
// Event Trends 2021 Virtual Event

THE SESSIONS

- ▶ Boost Comfort with Easy Stretch Breaks
- ▶ Boost Energy with Get-Up-&-Move Breaks
- ▶ Boost Mood with Feel-Good Dance Breaks
- ▶ Boost Concentration with Mindfulness Breaks
- ▶ Boost Focus with Simple Meditation Breaks
- ▶ Boost Alertness with Rise-&-Shine Yoga Moves
- ▶ Boost Connection with Learn-A-Dance Activities
- ▶ Boost Health with Cook-Along Activities
- ▶ Tailored to your values + priorities
- ▶ Catered to all ages and fitness levels
- ▶ Great songs + lots of interaction
- ▶ No equipment or extra space needed

**BOOK TWO MINUTE
MOVES ON YOUR
CONFERENCE
OR MEETING FOR
AN ENERGIZING
POP-UP BREAK**

THE PACKAGES

► BOOK VIRTUAL OR PRE-RECORDED Two Minute Moves

Offer clients, employees or attendees something special with live or pre-recorded wellness breaks made just for them. Audiences around the world are thanking organizers of events and meetings for giving them a much-needed wellness break in-between speakers, during scheduled breaks or to complement on-demand content. Longer sessions also available.

x1 \$195 // x2 \$295 // x3 \$395 // x4 \$495

BOOK NOW
twominutemoves.com

► BOOK IN PERSON Two Minute Moves

Ensure audiences are focused, energised and engaged for each speaker by giving them fun wellness moments to break up the day. Easily fits in between speakers or at the beginning/end of breaks and makes it simple to put a program of wellness together of bite-size sessions or longer wellness activities. Also gives a bonus of fantastic photos and video footage.

Half Day \$895 // Full Day \$1,595

BOOK NOW
twominutemoves.com

About LIZZY

Dubbed by the media as **'the excuse-buster from Down-Under'**, Lizzy is a certified personal trainer, integrative nutrition health coach, and the regular **"fitness guru"** on Australian morning television. She brings her positive energy to companies and conferences around the world with clients including **Amazon, Westpac, KFC, Lenovo, Priceline, Vetsource, BMC Software, and speakers including Tony Robbins and the Dalai Lama.**

Lizzy is the founder and author of 'Two Minute Moves', where she shares her journey of overcoming postnatal depression, two minutes at a time.

Her Two Minute Moves have been featured on **Good Morning America, Today, Studio 10, Lorna Jane, Best Self Magazine, Medibank, Women's Health, Daily Mail, Prevention** + many more.

“ I really appreciate the deeply personal, caring way Lizzy works with our business.

NIKKI LAWSON | Managing Director // KFC

WATCH A TWO MINUTE MOVES DEMO [HERE](#)>
LONGER SESSIONS, KEYNOTES + WORKSHOPS ALSO OFFERED



BOOK NOW

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