

# TWO MINUTE *moves*

EXCUSE-BUSTING  
**WELLNESS BREAKS** TO  
BOOST WELLBEING AT WORK



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



Best workplace ever!

SESSION FEEDBACK // Norgine



## WORKPLACE WELLBEING CHALLENGES

Are you concerned about the physical and mental health of your teams working remotely, hybrid or back in-office? With **back-to-back meetings, screen fatigue, and mental health issues** on the rise (more than three-quarters of people claim their mental health has worsened since the outbreak of COVID-19), it can be challenging for people working at a desk to **disrupt long periods of sitting**; to motivate themselves, to find the time, to remember, or to even know what to do.

## WELLNESS MADE EASY

The workplace is recognised by the World Health Organisation as an important space to promote health and disrupt sedentary behaviour. The good news is that you don't need to spend hours away from your computer to meet the **WHO's guidelines for breaking up sitting time**. Brief movement and mental breaks have been proven to dramatically improve memory and creative output plus contribute significantly to **productivity, focus, longevity and wellbeing**.

## BITE-SIZE WELLNESS BREAKS

Two Minute Moves is an easy and evidence-based way to ensure employees get up and move so they can stay **happy, healthy, connected and productive** at work each day. Companies around the world are implementing these wellness breaks with industries including banking, food chains, marketing, medical, sales, tax, tech, 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 TWO MINUTE MOVES for the Workday

Keep employees **accountable and motivated to take breaks** for their body and brain during their workday. Whether it's for a Wellbeing-themed month, a company challenge, or a regular weekly reminder, a recurring 5-minute virtual meeting goes in employee's calendars to join Lizzy in an easy, fun movement, mindfulness or meditation break.

**8 Pack** \$119/session

**16 Pack** \$99/session

**24 Pack** \$89/session

BOOK NOW [twominutemoves.com](http://twominutemoves.com)

## ▶ BOOK TWO MINUTE MOVES for Meetings, Conferences & Training Days

Combat meeting fatigue and inject some **energy, wellbeing and fun** into your team's meeting or event with a virtual, pre-recorded or live 2-minute wellness break session. Break up long meetings, AGMs, conferences and training days to enhance team-building, connection and engagement.

Pricing applies to both virtual and pre-recorded sessions.

Contact Lizzy for in-person packages.

**x1** \$195 // **x2** \$295

**x3** \$395 // **x4** \$495

BOOK NOW [twominutemoves.com](http://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

[LIZZY@TWOMINUTEMOVES.COM](mailto:LIZZY@TWOMINUTEMOVES.COM)

+61 425 158 040

