Health & Wellbeing Consultancy service & prices

AJP Health consultancy 27 Shakespeare Avenue, Sprotborough, Doncaster DN5 8EZ

Service ID Number	Service Type	Description	Price
1	**Full day**	**Wellbeing consultancy to business**	**£400**
2	**Half Day**	**Wellbeing consultancy to business**	**£250**
3	Health Events	Full Health fayres organised and managed	£1500
4	Corporate Led walks trips / cycle ride	Weekend planned and led walks. Participants responsible for own provisions**	£400
5	Instructor led activity	Yoga, resistance band sessons, bootcamps, desk to 5 k run groups - 1 hour session	£75
6	Headline events	England's strongest man appearance	£300
7	Strength seminar	With the World's strongest Junior / England's strongest man	£500
8	PR / Event stunts	For PR - Car deadlift / bus pull with England's strongest men	
9	Mobile obstacle course bootcamp (1 hour)	Set up on site (South Yorkshire only) and instructed AND RUN BY ocr World champion	£150
10	Full day instructed course	Tough guy / obstactle course fully erected and instructed on site with scaffolding monkey bar sections	£1200
11	Article (average 500-800 words)	Writing bespoke content for business	£300
12	Health interventions	Project design / engagement and advice to inactivity projects - community / business	£400 (per day)
13	Workplace Challenges	Interactive workplace challenges via bespoke internet portal	£1500
14	Activity tracking system*	Wristband technology and sensors for tracking distance/activity in buildings, including consultation before,during after installation	From £8000
	* maintenance fee applies (batteries - if required / sensor upkeep)		
	** extra cost for bus provision if required.		
	Video clips, pictures and testemonials can be provided on request		
		EXTRA INFORMATION: All campaigns and services can be linked into National best practice across Public Health England, HR and wellbeing excellence for maximum brand exposure. Full bio of Andy Picken can be found on Linkedin	