



# BOOT CAMP FOR TEAMS

**INCREASE THE ENERGY AND ENGAGEMENT OF YOUR TEAM.**

OUR 6-WEEK BOOT CAMP FOR TEAMS IS A FUN, AFFORDABLE TEAM-BUILDING PROGRAM CONNECTING WELLNESS, CULTURE AND PERFORMANCE.

## HOW BOOT CAMP FOR TEAMS WORKS

- Your team will join one of our 6-week Boot Camp Challenges. 6-weeks x 2 weekly sessions (12 Sessions Total)
- BC Training Pack: All BC For Teams participants will get a training T, cap and sticker.
- Online weekly mini-challenges/tools: Whilst your team is engaged in training, we provide some fun mini-challenges and other wellness tools to help them on their journey.
- Accountability Poster: Have some fun and build accountability at the same time. Our Accountability Posters create a visual of who shows up and who sleeps in.
- Employees get 30% off all other Boot Camp Challenges for 12 months: We think your team will love the BC community and training, so we make it super affordable to keep coming.



## WHY BOOT CAMP FOR TEAMS?

- The physical and mental health of your employees matters more than ever. Absenteeism and Presenteeism cost Australian businesses around 10 billion dollars per year.
- There are now numerous studies and reports on the benefits of workplace wellness programs. Including feeling happier, more engaged and satisfied at work
- Wellness can help with retention and recruitment. Companies now use their wellness programs to keep and recruit top talent.

## ABOUT BOOT CAMP CHALLENGES

Boot Camps Tasmania is on a mission to build healthy communities through movement.

- 6 am Group Fitness Training for all fitness levels.
- Diverse sessions with a strong element of teamwork
- Outdoor/Indoor Training depending on the time of year
- Optional Weekly Team Coffee Connects

**BOOT CAMPS FOR TEAMS COST  
\$150 PER PERSON.**

**[WWW.BOOTCAMPSTASMANIA.COM.AU](http://WWW.BOOTCAMPSTASMANIA.COM.AU)**



# ABOUT BOOT CAMPS TASMANIA

**WE ARE ON A MISSION TO CREATE HEALTHY COMMUNITIES THROUGH MOVEMENT**

Despite all our advances in technology, our physical and mental health are declining rapidly.

1 in 3 people report feeling lonely.

Boot Camps Tasmania has been created to provide group-based fitness challenges that build commitment and consistency to your health whilst creating a community.

Founder Luke McLean spent over 10 years as the Cotton On Group health and well-being manager. At that time, he was in charge of establishing the group's global wellness program.

Luke coached and trained senior leaders and executives to use wellness as a path to performance.

Boot Camps for Teams is an extension of our mission to help bring wellness into work.

**If Boot Camps for Teams is something that your company would like to be a part of.**

**E-mail Luke at [luke@bootcampstasmania.com.au](mailto:luke@bootcampstasmania.com.au)**

**We will organise a call to discuss the program in more detail.**