

# New Fitness Services for employees

✘ Edinburgh Pilates and fitness trainer, Jenny MacLean, of EnergyWise Health & Fitness has launched a new service, aimed at improving the fitness of the Edinburgh workforce.

Jenny will provide an in-house service tailored to the needs of each employee, comprising a lifestyle audit and health and exercise education, as well as regular fitness training.

Jenny said: “Improving the fitness of your workforce has many advantages. It can improve motivation, productivity and create a happier and healthier team – all of which is good for your employees and good for business.

“My new employee health and training package is ideal for any size of business and it won’t break the budget. It provides a value for money service, focused on achieving results.”

She adds: It’s a pleasure to help people achieve their fitness goals, whether they’re seeking to lose weight, get faster and fitter, or just to feel healthier.”

Jenny has also launched another new service, the QuickStart programme, especially for anyone who is a fitness ‘beginner’. This programme provides a package of four one-to-one fitness sessions, along with nutrition and lifestyle advice.

You can contact EnergyWise by [email](#) or you will find them here:-

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