



POSITIVE 5

Connect

Be
Active

Take
Notice

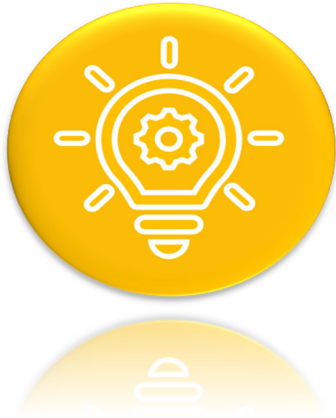
Keep
Learning

Give

CHALLENGE

Building and maintaining
a good level of wellness
and wellbeing

ENGAGE



APPROACH

Ensuring it's simple and
easy to make wellbeing
everyday

REACT

OUTCOME

A healthier, happier
community & workforce.
Increasing Social Value ROI,
reducing costs & pressure
for GPs & local authorities.

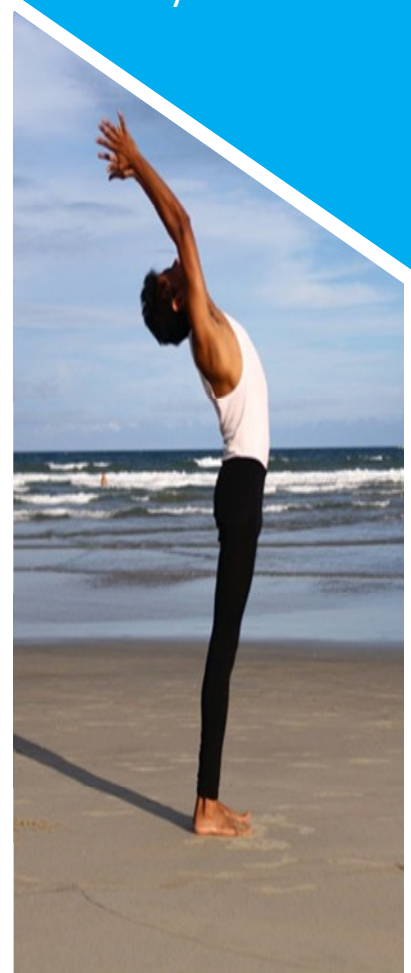
CONNECT



WELLNESS

POSITIVE 5

is an initiative to
raise awareness of
all aspects of
wellness and
wellbeing – not just
being fit in body and
mind but also the
environment around
you.





POSITIVE 5

THE CHALLENGE

Everyone has different perspectives, needs and wants and we have busy lifestyles – not always making time for health, wellness and wellbeing.

There are home and workplace challenges and ensuring activities that make you happier, healthier, more relaxed or more energetic is often difficult.

POSITIVE 5 gives a simple and achievable view on these challenges – encouraging healthier lifestyles and behaviours – and most importantly making the time to keep focus on the importance of these.



POSITIVE 5

ENGAGE . REACT . CONNECT



4.

THE APPROACH

MAKE WELLBEING EVERYDAY

POSITIVE 5 gives the *'nudge'* we need to think and take time for ourselves

We provide a framework to gauge wellness, enthuse wellbeing, use different tools and activities to engage people in becoming happier, healthier, less stressed and more energetic.

Encouraging healthier lifestyles and behaviours and a scheduled 'push' to bring focus back on these. Which in just a short amount of time per week has an affect on energy levels, physical health, mental health, as well as attention and memory.

CONNECT

Connecting with friends or family promotes good health

BE ACTIVE

Exercising makes you feel good and helps your fitness

TAKE NOTICE

Experiences help you appreciate what matters

KEEP LEARNING

Learning new things will make you more confident

GIVE

Do something nice for a friend or volunteer your time

THE OUTCOME

POSITIVE 5 is a simple, engaging and effective tool which assists individuals and groups, no matter what industry, community, area, or age. Benefiting them with bringing further focus on wellness, wellbeing and general health - with only minutes taken out of an already busy and pressured week.

By doing so:

- we bring higher social value ROI, with less time, effort and cost to GPs and local authorities.
- we support a healthier homelife, workplace and community.
- we promote self care, engagement, confidence and happiness.

For more details and a demo please contact:

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