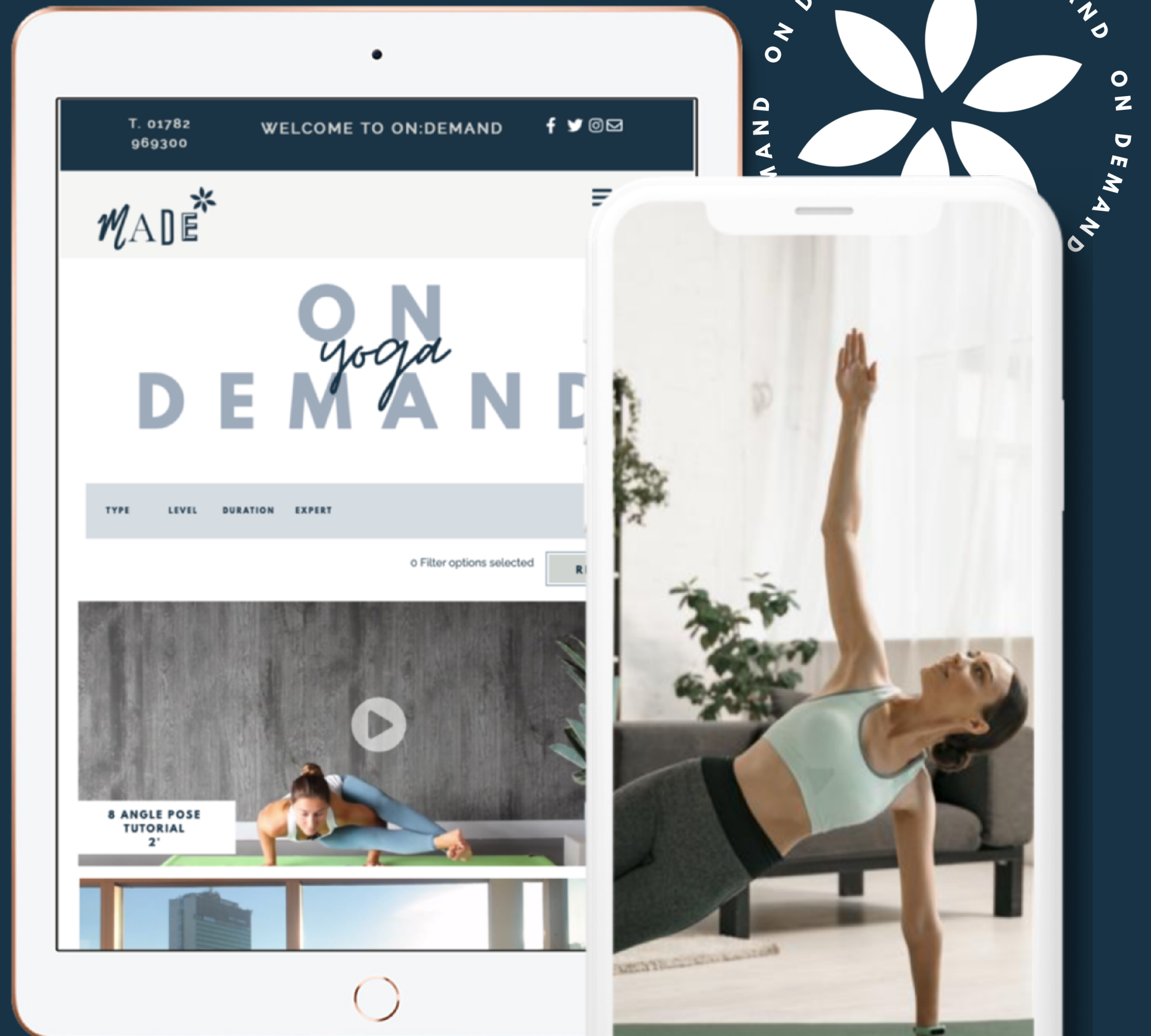


# ON DEMAND *employee* WELLNESS

WELCOME TO OUR DIGITALLY  
DELIVERED WELLNESS SUBSCRIPTION  
SERVICE FOR YOU

*Anywhere... anytime*

YOGA | NUTRITION | FITNESS | WELLNESS





## wellbeing

Stress & anxiety | Morning meditation | Selfcare techniques | Sleep therapies | Self confidence | Positive psychology | Learn to meditate | Breathing techniques | Workplace wellbeing



## yoga

Beginner courses | Vinyasa flow | Morning & evening practice | Individual yoga pose tutorials | Bitesize yoga classes | Yoga for better sleep | Yoga for specific muscle groups



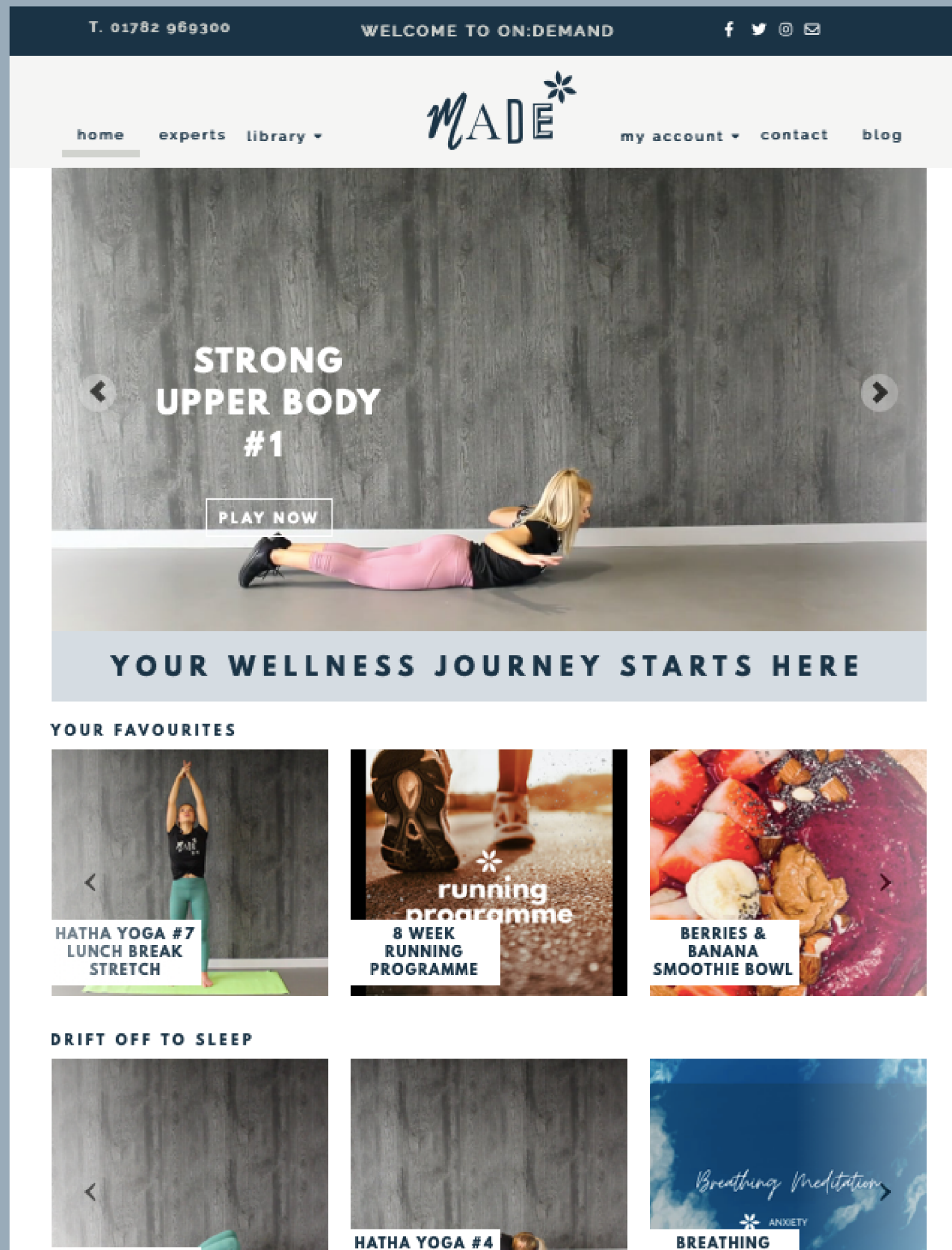
## fitness

Lose fat | Improve overall fitness | Beginner programmes | Pilates | Advanced workouts | Full body | Post natal | Post injury | Low impact | Gym guides | Mobility, stretches & posture



## nutrition

Health tips | Cooking at home | Plantbased recipes | Nutritional info | Ingredient benefits | Healthy snacks | Smoothies & juices | Shopping list examples | Nutritional therapist advice



# home comforts

## CONTENT DASHBOARD

THE HOME SECTION IS THE PERFECT PLACE TO FIND OUT WHAT'S COMING SOON, THE LATEST UPLOADS, YOUR FAVOURITES AND KEY CONTENT OTHER ON DEMAND USERS HAVE BEEN LOVING RECENTLY.

REMEMBER TO CHECK THE DAILY WELLNESS TIP FOR INSPIRATION ON HOW TO STAY HAPPY, HEALTHY AND BECOME MADE!



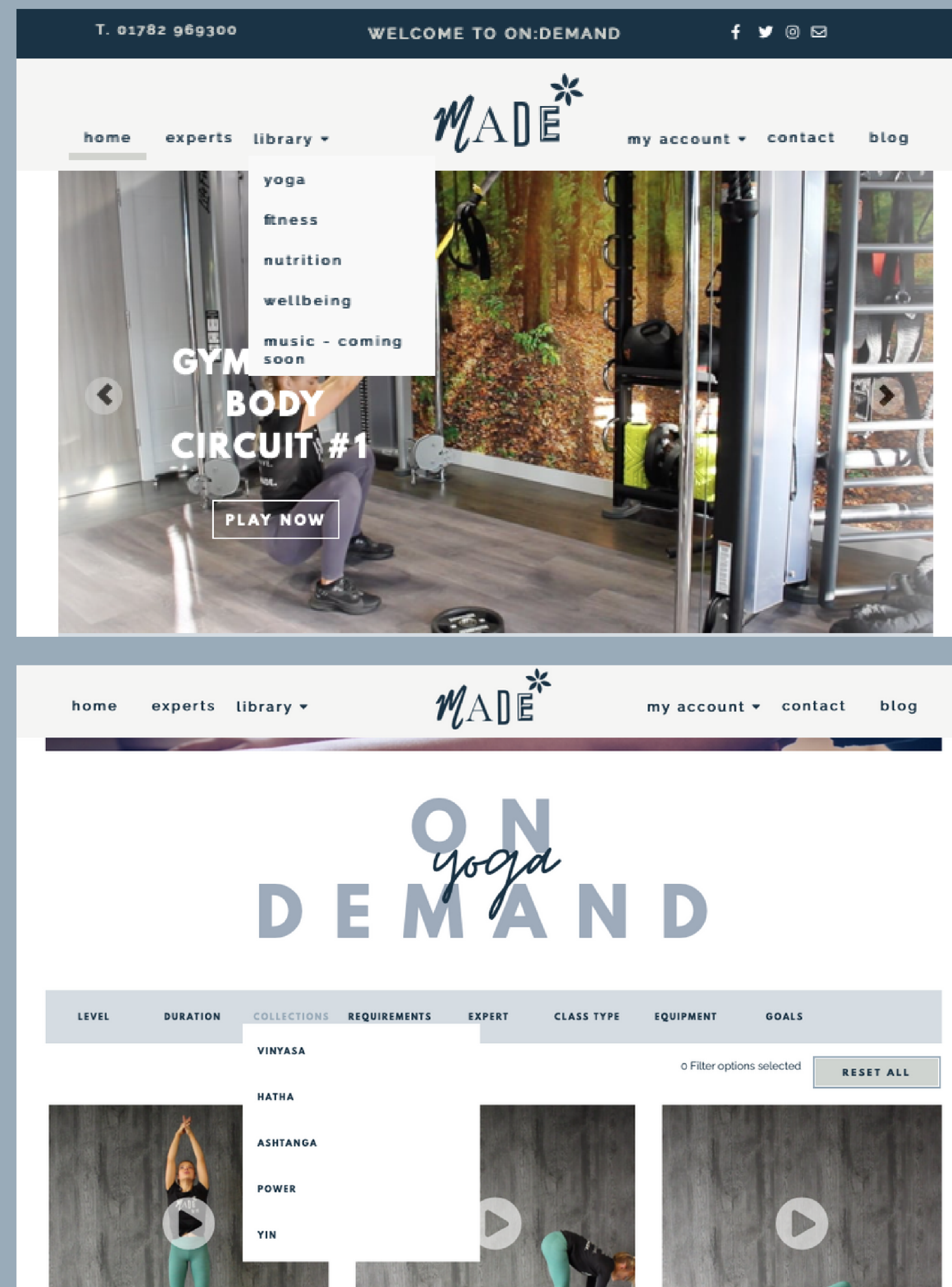


# content library

## FILTER YOUR VIDEOS

FOR THE FULL VIDEO LIBRARY, HOVER OVER 'LIBRARY' IN THE TOP NAVIGATION AND SELECT YOGA, FITNESS, NUTRITION OR WELLBEING.

FROM EACH SECTION YOU CAN USE THE FILTERS TO NARROW YOUR SELECTION DOWN.







# *your favourites* **LIKE IT, SAVE IT**

STORE ALL OF YOUR FAVOURITE ON DEMAND VIDEOS  
IN ONE PLACE TO WATCH AGAIN AND AGAIN.

TO SAVE A VIDEO INTO YOUR FAVOURITES SIMPLY  
CLICK THE HEART ICON AT THE TOP RIGHT AND IT'LL BE  
AUTOMATICALLY SAVED FOR FUTURE VIEWING. SAVE  
AS MANY VIDEOS AS YOU LIKE, THERE'S NO LIMIT!

MY FAVOURITES CAN BE FOUND ON THE TOP  
NAVIGATION 'MY ACCOUNT' > 'MY FAVOURITES'



# your profile ACCOUNT DETAILS

STORE ALL OF YOUR PERSONAL INFO IN HERE:

- LATEST PAYMENT DETAILS
- CONTACT INFORMATION
- LOG IN & ACCOUNT DETAILS
- YOUR SUBSCRIPTION
- MADE CONTACT FORM

MY PROFILE CAN BE FOUND ON THE TOP  
NAVIGATION 'MY ACCOUNT' > 'MY PROFILE'

T. 01782 56320 E. hello@welcometomade.com A FREE TWO WEEK TRIAL, START YOURS TODAY

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< back

## WELCOME

TO YOUR WELLNESS PROFILE

### YOUR DETAILS

Name  
Jane Doe

Email Address  
Janedoe@gmail.com

Telephone Number  
07122849377

Address  
Moddershall Oaks  
Moddershall, Stone  
ST158TG

Date of Birth

SAVE

### ACCOUNT DETAILS

username: janedoe@gmail.com  
password: .....

SAVE

### PAYMENT DETAILS

MISS JANE DOE

4751 6222 0000 2100  
11/25  
588

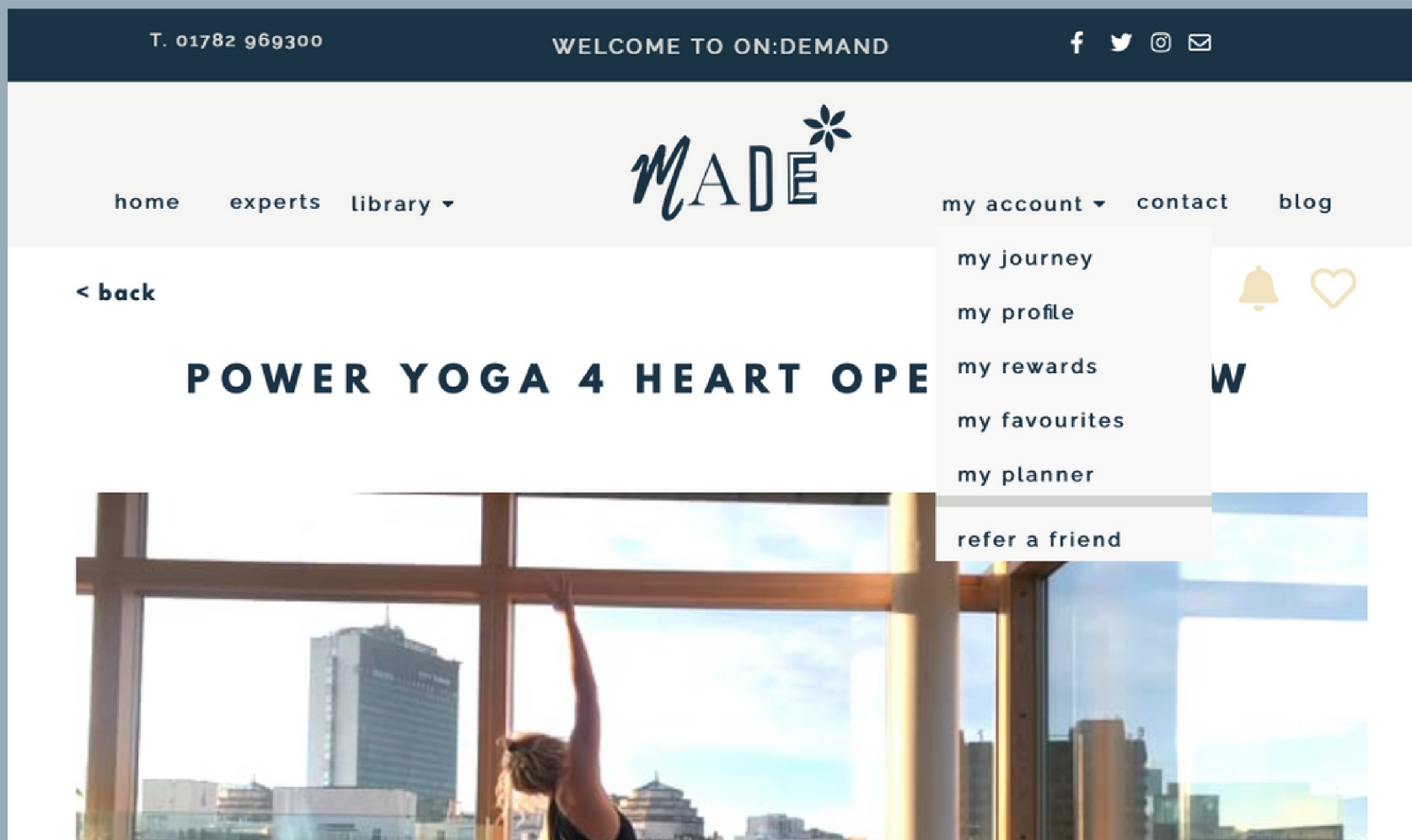
SAVE

### PAYMENTS

JANUARY - £45 PAID  
FEBRUARY - £45 PAID  
MARCH - £45 PAID  
APRIL - £45 DUE

### CONTACT US

#### HOW CAN WE HELP?



*reminder function*

## SCHEDULE WORKOUTS

STEP 1: FIND YOUR FAVOURITE CONTENT TO SCHEDULE.  
CLICK THE BELL ICON IN THE TOP RIGHT CORNER

STEP 2: SCHEDULE YOUR REMINDER WITH YOUR  
CHOSEN DATE AND TIME FOR PRIME VIEWING

STEP 3: GET YOUR EMAIL REMINDER 60 MINUTES  
BEFORE YOU START YOUR WORKOUT

STEP 4: FEEL AMAZING THAT YOU'VE SMASHED  
ANOTHER WORKOUT AND IMPROVED YOUR WELLBEING!

STEP 5: SCHEDULE ALL OF YOUR CONTENT SO YOU  
NEVER MISS OUT AND KEEP TRACK OF IT IN THE NEW  
'MY PLANNER' FEATURE

### SCHEDULE A REMINDER

YOU CAN SCHEDULE A REMINDER TO  
WATCH THIS VIDEO AT A TIME  
CONVENIENT FOR YOU!

SIMPLY SELECT A DATE AND TIME BELOW  
AND WE WILL SEND YOU A FRIENDLY  
REMINDER 60 MINUTES BEFORE!

Date

19/02/2021

Time

16:15

**SCHEDULE**





# download pdf


## GET EXTRA CONTENT

LOOK OUT FOR THE 'DOWNLOAD' BUTTON BELOW SOME OF OUR VIDEOS... FOR EXAMPLE HEALTHY RECIPES OR GYM PROGRAMMES.

THIS WILL ALLOW YOU ACCESS TO SUPPORTING INFORMATION ABOUT SELECTED VIDEOS THAT YOU CAN THEN SAVE OR PRINT AND REFER BACK TO.

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Becs Fitbites shares a variety of quick and easy plantbased meals and snacks. Download the recipe below and save or print! Share your creations by tagging us @welcometomade

DOWNLOAD

The Recipe



BRAND NEW NUTRITION



MEET THE TEAM





# meet our team of **MADE EXPERTS**

We've hand selected our MADE Experts from across the country to cover all aspects of wellbeing, from fitness to nutrition, mental health, yoga, pilates, meditation and more.

Access to our expertly delivered content on MADE On Demand is available anywhere, any time meaning you can tune in 24/7 when you need it most.

PERSONAL TRAINERS & FITNESS INSTRUCTORS  
YOGA TEACHERS, HEALERS & REIKI MASTERS  
NUTRITIONISTS, CHEFS & DIETICIANS  
PHYSIOTHERAPISTS & SPORTS THERAPISTS  
COUNSELLORS & HOLISTIC PRACTITIONERS









**EAT CLEAN  
TRAIN MEAN  
LIVE WELL  
STAY POSITIVE  
BE HAPPY**

*become made* 