

Invest in your
EMPLOYEE'S HEALTH

IMPROVE PRODUCTIVITY & PERFORMANCE



increase
FOCUS
ENERGY
RESILIENCE

Improve your employee's health and well-being, increase productivity, reduce absenteeism and lower employee health care costs.

Health Challenge
21
DAYS



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FIVE reasons

to sign your employees up for the 21 Day Health Challenge

1

Concentration

Lots of vegetables and fruits, healthy fats and protein and a minimized intake of sugar, ultra processed food and refined carbs. This will not only boost your employees health, it will also increase their brain power and concentration.

2

Creativity

Regular exercise has been shown to improve mood, prolong mental stamina and enhance creativity.

3

Motivation

Improved sleep quality can help your employee perform better at work. It also helps them to stay motivated and focused throughout the day.

4

Energy

Regular meditation reduces stress and frustration, while also boosting focus, compassion, energy, and productivity.

5

Team

Last but not least: The group dynamic of the challenge will work as a team building activity enhancing the bonds between members of your team.

Physically, mentally, and emotionally healthy employees will have a positive impact on productivity and business performance.



The 21 Day Health Challenge

Eat well. Sleep lots. Move more. Stress less. Connect deeper.

Connect

We start with a face to face introduction session. Here I will explain how the challenge works.

Your employees will receive food lists and meal planners for 21 days. They will receive health points for eating food off this list.

Food

Selfcare

Participants will receive additional health points for exercising, meditation and health education (listen, read or watch resources accessible in the health cloud)

We will have a leaderboard with daily updates of the health points for encouragement and accountability.

Team

Support

There will be a closed WhatsApp support group to ask questions and share tips, tricks and recipes.

Your health is your biggest asset. Take good care of it.

TESTIMONIALS

"I liked the delicious recipes that are quick to prepare."

Viv
AUGUST 2021

"It is easier than what I thought and huge improvement after 21 days"

Willemien
JUNE 2021

"I gained discipline in terms of planning, eating and self-care and I felt great when eating well."

Caro
MARCH 2022

"Your challenge works, the tools you provide, the support, the pitch, the science, everything"

Oyail
FEBRUARY 2022

"This challenge made me rethink and reset my eating and lifestyle"

Sally
MAY 2021

"I loved every moment of it and I think it can truly change people's lives"

Tash
OCTOBER 2021



ABOUT ME

Dr. med. Lena Ronge, MD, MSc

Medical Doctor (Paediatrician)

As a paediatrician I am stunned to witness how perfectly healthy, active and happy children often transform to sick, sedentary, sleep-deprived and stressed adults.

Clinical Epidemiologist

High-quality evidence is showing that our current lifestyle - consisting of poor nutrition, inadequate exercise, lack of sleep and high stress levels - increase our risk for various chronic diseases.



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Health Coach

I am using a holistic approach to health and wellbeing, empowering people to make sustainable lifestyle changes to achieve their life and health goals.

Passionate Mountainbiker

Mountain biking is my health and wellbeing boost: Exercise, nature, challenges, accomplishments, being in the moment, community, and this sense of pure joy!

