

Akimboo

Ready Available Wellness Videos

Akimboo provides ready available wellness videos designed for mental and physical stress relief. Specifically designed for the office setting because it only takes 2-5 minutes and can be performed at one's desk. The results of Akimboo are physical and mental relaxation and increased focus. Work gets done more efficiently and in a relaxed manner.

Benefits of Akimboo

- Short integrated movement is proven to foster well-being and reduce stress.
- Movement and mindfulness supports happier more productive co-workers.
- Reduces absences and turnover by boosting moral and satisfaction.
- Builds your company's culture of wellness.

Features of Akimboo

- Akimboo videos provide a variety efficient 2-5 minute breaks designed for the work setting.
- Each module is specifically designed to be performed at ones desk in work attire
- 24/7 desktop and mobile access
- Monthly newsletters, weekly articles, and daily nudges designed to inspire and motivate.
- Commercial free content, safe for workplace
- A social media forum for Akimboo users.
- Quarterly reports from your Akimboo consultant.
- Research-based best practices for integrative wellness featuring experts like Dr. Amit Sood, Director of Integrative Medicine at Mayo Clinic in Rochester, MN
- Positive messaging focusing on integrative movement and teamwork.
- Connection to personal purpose as a key motivator for healthy behaviors
- New videos & content monthly.

See Akimboo's explainer video at www.akimboo.com/videos/35



Sign up for a free trial at www.akimboo.com/freetrial