

Let's get revitalised!

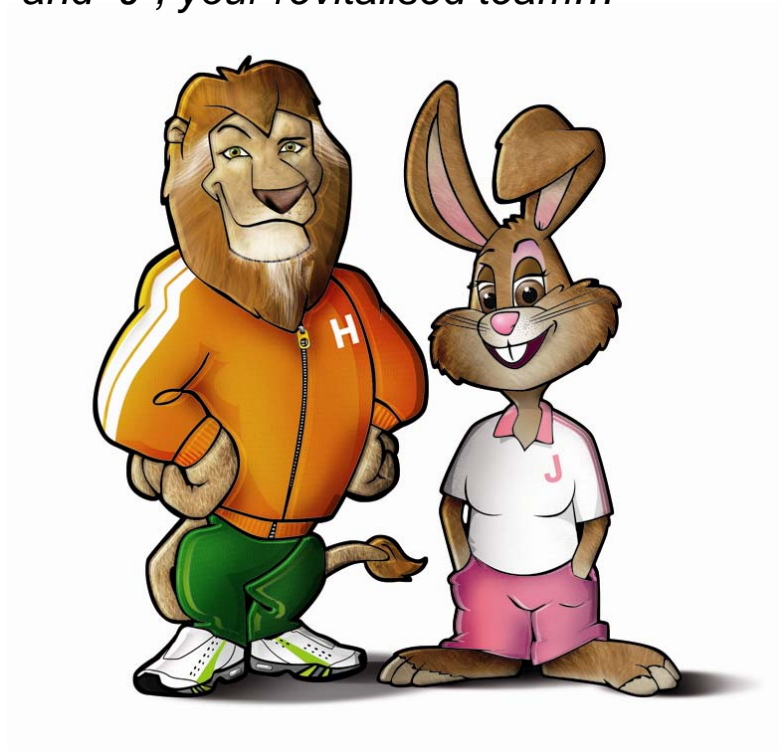
We all know health and wellbeing can be a little daunting...but 'revitalised' brings a kit bag of features that help to ensure you're feeling healthy, balanced & motivated.



revitalised brings a kit bag of features that help to ensure that you are feeling healthy, balanced, *motivated*, *invigorated* at work, play and everywhere inbetween.

Personal Trainer follow your own programme at home	Weight Management Plan reach & maintain a healthy weight	Healthy Eating Guidance tips for a healthy, balanced diet	Stress Management Guidance techniques to reduce stress & tension	National Wellbeing Discounts special rates from our partners	also includes: Info, Advice & Tips 10 Minute Wellness Plan Ask the Experts
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Meet "H" and "J", your revitalised team...



They've put this **Users Guide** together to help you get the most out of the site...

Don't forget, if you need any help, drop us a line on enquiries@revitalised.co.uk



Getting Started...

It's easy to get started with revitalisedlite.

*All you need to do is enter your **Organisation Code**, then set up your login details...and you're done!*

revitalisedlite gives you instant access to tips, advice, 10 minute wellness, corporate memberships & discounts from selected partners and an 'ask the experts' service.



When you're ready for a little more, you can upgrade to RevitalisedPLUS free of charge at any time...

This opens all the features & benefits including your personal training programme, weight management plan and lifestyle diary...



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Weight Management & Food Cupboard...

The Weight Management module uses your Body Mass Index, along with your current and target weights to create a food intake 'Star Allowance' – so in other words you'll be allocated a value of 'Weight Management Stars' to eat.



To help you record what you eat and follow your Weight Management Plan, J has catalogued hundreds of different food items with the Star system, and placed them in her Food Cupboard...

You can save your favourites, add custom foods or even set up typical meals to create your own personalised cupboard.

You have the option of selecting entries by 'weight', 'average portions' or 'as purchased'.

Once you've set up your Food Cupboard, you can then visit **The Diary** to record your food intake...

My favourite foods: Baked beans or artichokes? Create your own list of favourites from our cupboard for quick and easy additions to your food diary.

Food Type

Select food category: Cheese

Select food item: Camembert

Add an item

minimise

My custom foods: Stock your own shelves! Create and place your own foods into your cupboard for quick and easy additions to your food diary.

Food Type	Cals Per 100g	Fat Per 100g
Food Name: Tesco Sandwich	Calories per 100g: 364	Fat per 100g: 18

Add an item

minimise

My menu: Pie & mash, strawberries and ice cream Group foods together in your cupboards for quick and easy additions to your food diary.

Select a Meal



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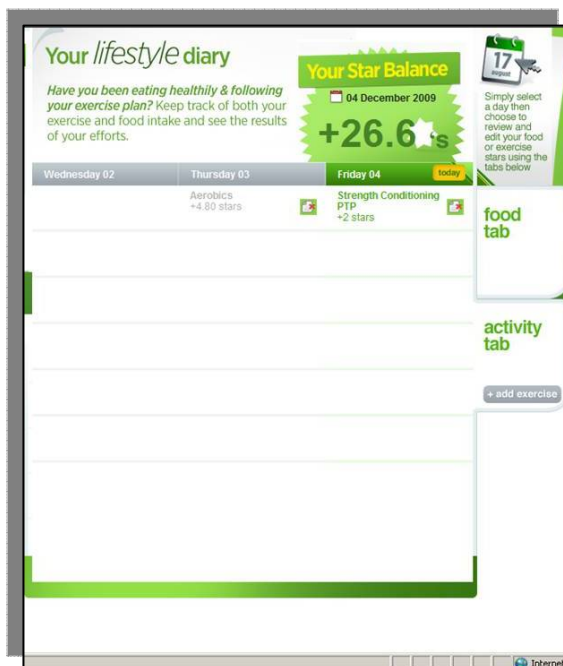
The Diary...

The Diary is your control centre.

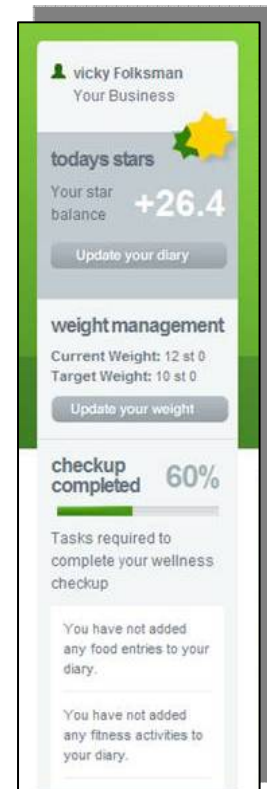
Use it to record your food intake...



You can also make a note of any exercise that you've done...



Don't forget - exercising more will improve your health and can earn you additional Weight Management Stars!



Your profile bar will remind you when you need to update the diary...

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Fitness Zone...

The Fitness Zone is where you pick up your very own Personal Training Programme.

H has devised exercise routines for you to do in your own home, without the need for specialist equipment.

Select programmes from three key areas of: Cardio; Strength/Conditioning and Flexibility/Mobility...



Complete the Monthly Feedback Form and track your improvements on H's fitness graphs...



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Ten minute wellness plan...

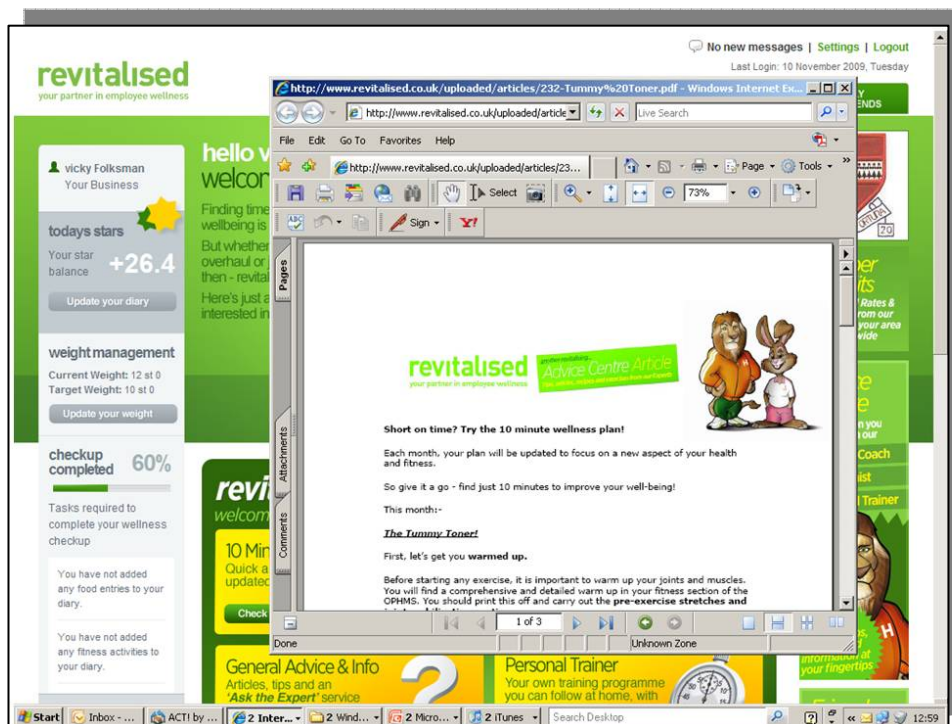


It can be difficult finding time in your hectic life to take care of your health and wellbeing...

Never fear, J has devised a series of '10 minute wellness' plans that you can easily fit into your daily routine – you could even try them in your lunch break!



Updated every month, you'll soon find that 10 minutes of wellness goes a long way...!



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Advice Centre...

H & J have a team of experts who can provide advice and support on all areas of wellbeing...

Every month they provide tips, articles and advice on a range of wellbeing issues.



You can also use the free 'ask the expert' service for additional help & support.



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Member Benefits...

We've teamed up with some leading health & fitness providers nationwide – to give you special offers on a range of wellbeing services.

Key partners include Fitness First, Marriot, LA Fitness, Holland & Barrett & many more....

The image shows three promotional coupons. The first is for LA Fitness, offering a 30% discount on monthly fees. The second is for Fitness First, offering up to 25% discount on membership rates. The third is for Champneys, offering special rates and discounts on rural and city spas.

You can quickly and easily search for special offers in your area...and nationally too.

The image shows a screenshot of the Revitalised website. On the left is a cartoon lion in a suit. The main content area is titled 'Member Benefits' and lists three categories: 'Get away from it all', 'Find a health club', and 'Pamper yourself'. Below this is a search interface titled 'Find your Member Benefits...' with a dropdown menu for 'Select a region' and a search button. The search results show four cards for different partners: Champneys, Holland & Barrett, Marriott Health & Fitness Club, and Fitness First, each with a 'visit website' button.

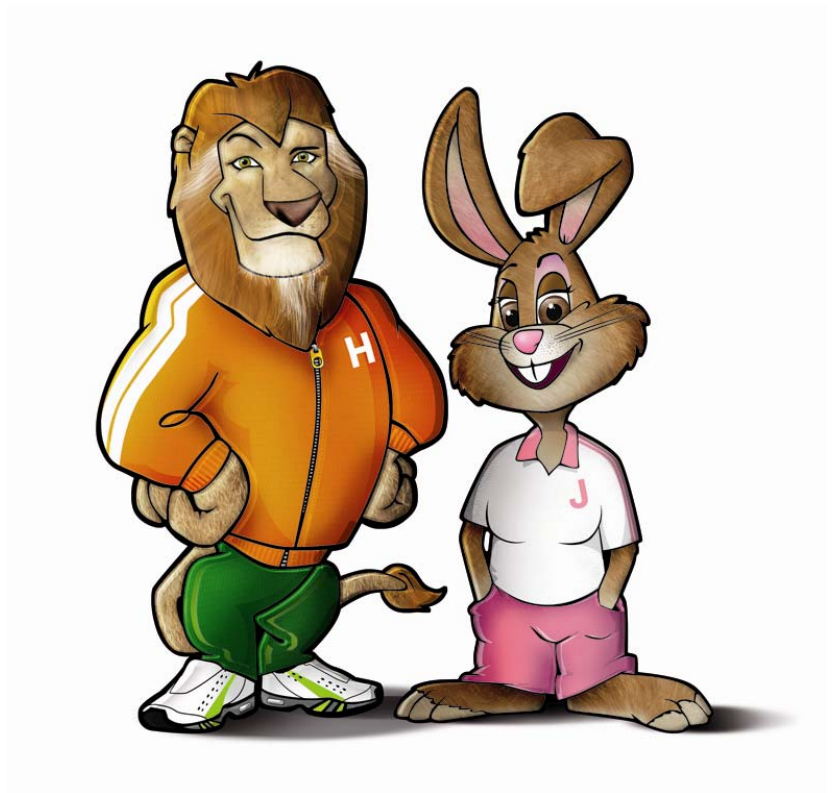
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Thanks!

Thanks for reading this guide.... why not get started right now?

Login today and get revitalised!



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