

## KEEP MOVING PROJECT RECESS OVERVIEW

People spend most of their time at work and, more often than not, identify with their jobs more than any other single thing, making the workplace the best to introduce the topics of *wellbeing*.



A fun, highly interactive 3-4 hour workshop covering the essential topics of *wellbeing*. After all, this is **RECESS**. Key topics include:

### 1 Mobility

How to stretch and move in the office, before, or after work.

### 2 Eating Habits

How to pair foods to maximize healthy eating habit success and minimize unhealthy eating damage.

### 3 Fitness

How to exercise in 12 mins or less per day. Good regardless of fitness level.

### 4 Mindset

How to manage your stress throughout the day.

#### *What to wear*

Standard workout cloths & trainers/exercise shoes.

#### *What to bring*

Water bottle, pen/pencil & paper.

# ► RECESS

Either option can be expanded and incorporated into other training options and work alongside other providers, if desired.

Our services include offerings from *wellbeingweeks*™ to large-scale wellbeing implementations.



## KEEP MOVING PROJECT

We are a social enterprise "project" of different brands, including **RECESS**, our corporate wellbeing arm and the primary funding source of our other projects. We also have **Keep Moving Kids**, a non-profit initiative focused on training PE teachers and children in fun and effective fitness and sport methods. We also volunteer to teach fitness and sports within various organizations in Hong Kong and China.

Other projects include **Standing Desk**, which began as a design competition to create a desk for Hong Kong, designed in Hong Kong. The desk is currently in further development stage with plans of production and proceeds from the sale funding desks that will be donated in Hong Kong.

*"RECESS has been one of the most exciting programs we have ever done! We incorporated it with our new associate training program and absolutely love the applicability of the information."*

JP MORGAN

*"Over the past six months, all of our staff have participated in the program. The results are phenomenal. No other provider can deliver the level of detail balanced with ease of implementation to make meaningful change."*

NAN FUNG DEVELOPMENT

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**KEEP MOVING**  
PROJECT

**Cris O'Brien**

**Founder of Keep Moving Project**

Prior to creating the company, served as Director of Finance and Brand CFO for a Fortune 500 Company and as a Senior Associate at Deloitte, specializing in IPOs.

**Michelle O'Brien**

**Sales Director and Community Manager**

Previously worked in Medical Devices with significant experience in China.

**Joy Ip**

**Programme Delivery Manager**

Currently a competitive Brazilian *jiu jitsu* athlete.