

# PHYSICAL WELLBEING JOURNEY



**STRUGGLING**

I'm concerned about my health. I have specific issues that worry me and I'm not sure what I can do to make improvements

**GETTING STARTED**

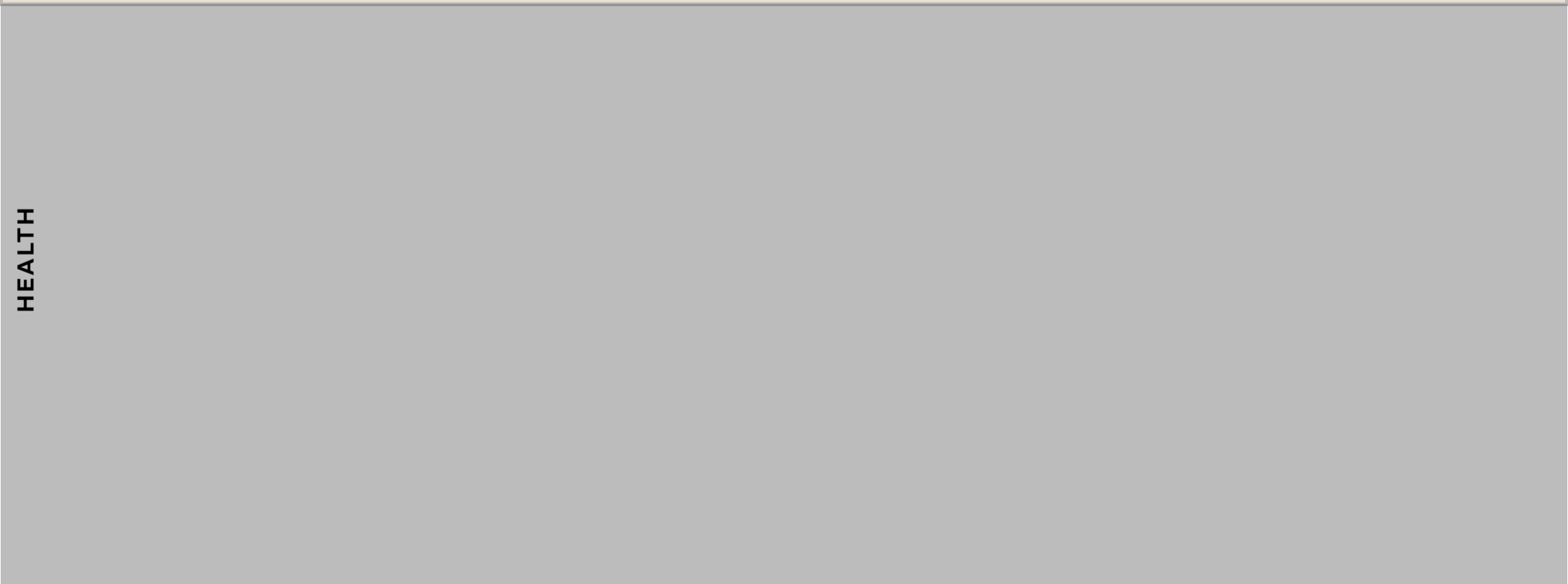
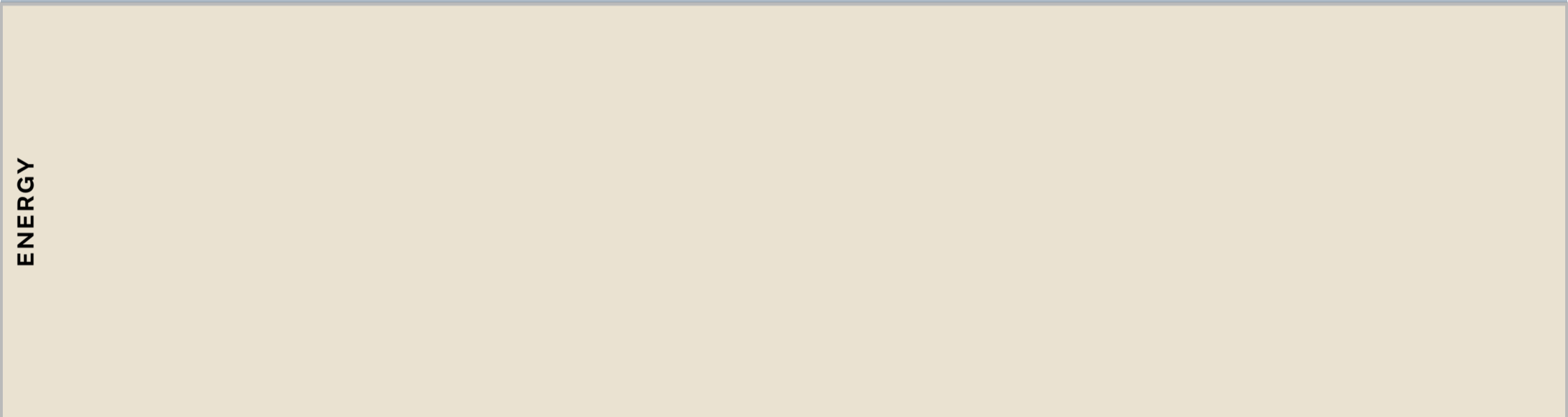
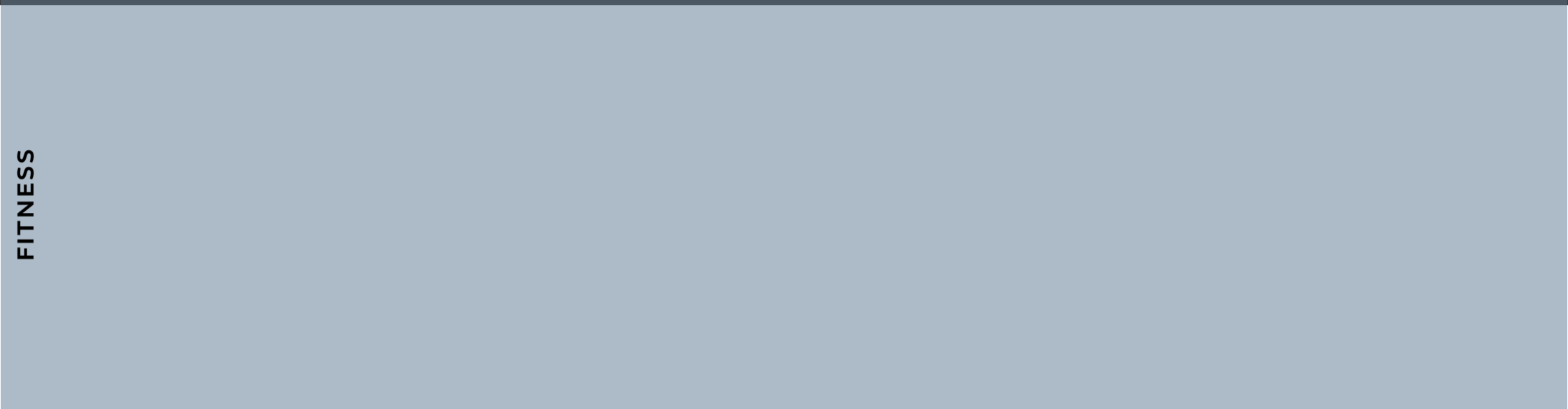
I don't feel at my best, and I'm ready to make some changes to get fitter and healthier

**MAKING IMPROVEMENTS**

I do some things to look after my health and am keen to do more to be at my best and get the most out of life

**MAINTAINING/THRIVING**

I look after my health and feel good. I want to explore ways to stay on top form



**JLR SERVICES**      **EXTERNAL SERVICES**



ALL SERVICES ARE AVAILABLE TO ALL UK JAGUAR LAND ROVER EMPLOYEES

VISIT THE WELLBEING WEBSITE FOR INFORMATION AND ADVICE ON HOW TO LOOK AFTER YOUR MIND, BODY, AND LIFE