

Live Fitter Coaching:

Back at Work Programme

A practical, evidence-based back care session for seated and repetitive-movement staff

THE PROBLEM

Musculoskeletal problems are one of the leading causes of sickness absence in the UK, with back conditions accounting for a significant proportion of work-related MSD cases reported to the Health and Safety Executive. Beyond absence, there's presenteeism - staff working through pain at a desk, in a driving seat, or on the line.

THE PROGRAMME

A focused, 3-hour on-site session delivered directly to your staff: office teams, call centre staff, drivers, and assembly line operators, or anyone seated or stood in one position for long periods. Built around a clear outcome: every employee leaves with a home routine they understand and will actually keep up.

WHAT'S COVERED

Why back pain occurs: how the back works, and how the working day affects it. In plain English, no jargon, dispelling myths.

Practical working-day solutions: sustainable habits for maintaining a neutral spine at a desk or in a cab, with tactics to make sure they're actually used.

Take-home programme: a back-strengthening routine covering core stability, glute work and core engagement - the part that makes the lasting difference.

Closes with a Q&A.

WHY LIVE FITTER COACHING

Andrea Wren holds Level 3 & Level 4 qualifications in Personal Training, Exercise Referral, and Low Back Pain Management through Exercise. This is evidence-based content, not generic wellness filler. Sessions are tailored to your workforce, and she has already been commissioned for back care programmes, including for organisations such as Tameside Carers Centre.

THE OUTCOME

Less sickness absence from back pain. Fewer employees quietly struggling through the working day. Practical knowledge staff can use both at work and in daily life.

Refresher sessions available to keep staff motivated and consistent.

Andrea Wren | hello@livefittercoaching.co.uk | livefittercoaching.co.uk

Based in Greater Manchester, UK

