



Kinesio Training & Movement Therapy

CORPORATE WELLNESS AUDIT

Mini Audit (10 questions) - a quick diagnostic to understand your team's physical health, productivity, and wellness needs.

1. How common are complaints of back, neck, or shoulder pain among your employees?

- Very common
- Quite common
- Occasional
- Rare
- Unknown

2. How often do employees report fatigue, low energy, or difficulty focusing during the workday?

- Very often
- Often
- Sometimes
- Rarely
- Never

3. Have you noticed an increase in sick leave related to musculoskeletal issues (back, neck, posture, stress)?

- Significant increase
- Moderate increase
- Stable
- Decrease

Data unknown

4. How would you rate overall employee posture during work (based on observation or ergonomic assessments)?

Poor — visible slouching, rounded shoulders, head forward

Average — mixed postural patterns

Good — mostly neutral posture

Very good

Not assessed

5. How engaged are employees in your current wellness programs (if any)?

Very low engagement

Low engagement

Moderate

High

No wellness program in place

6. What is the biggest barrier employees face in participating in wellness activities?

Lack of time

Pain or fear of injury

Lack of confidence / low fitness level

No personalized options

No interest in current offerings

Other: _____

7. Which wellness outcomes are most important for your organization? (Choose up to 3)

Reduce pain and sick leave

Improve posture and ergonomics

Reduce stress & burnout

- Increase energy and productivity
- Improve team cohesion
- Offer attractive employee benefits
- Other: _____

8. What type of training format suits your company best?

- On-site weekly sessions
- Monthly workshops
- Hybrid model (online + on-site)
- In-studio sessions
- Executive personal coaching
- Not sure yet

9. Do you have internal data on employee stress levels, burnout risk, or physical complaints?

- Yes, detailed data
- Some data
- Very limited
- No data
- Would like help assessing this

10. What is your main goal for implementing a wellness or movement program in the next 6–12 months?

- Reduce sick leave
- Improve physical health
- Improve mental well-being
- Support hybrid workforce
- Increase retention & job satisfaction
- Strengthen employer brand
- Not sure — need guidance

Top 3 Priorities Identified:

1. _____
2. _____
3. _____

Main wellness gaps:

Preferred next step:

- Book a Demo Core & Posture Assessment + Kinesio Therapy Session
- Book a Demo Kinesio Pilates Session
- Book a Demo Functional Strength Session
- Request Pricing
- Start with a 4-Week Pilot Program

Contact

rekinesio.com

team@rekinesio.com

+46 76 764 50 08