

## JOIN THE MOVEMENT

INEOS Energy Station is an employee health and fitness hub that provides:

1. a streamlined **fitness class booking system** along with a Global Zoom fitness programme
2. **fitness tips** from our well known fitness instructors
3. an **'Ask the Expert' panel**, providing monthly articles and advice
4. an exciting **challenge builder** whereby you can build your own virtual site challenges or participate in ones created by the INEOS Energy Station team
5. expertly **designed training plans** in the activities of running, cycling, gym and home workouts
6. highlighting your **local site Ambassador(s)** on their own Ambassador page
7. **Energy Store partners** offering discounts on high quality fitness products
8. information and videos on the **IN NAM Graduate Programme** including a link to the official IN NAM website

Safety, health and the environment is our highest priority, wherever you work in INEOS. So promoting an active and healthy lifestyle across all our employees makes sense. The INEOS Energy Station brings together existing initiatives from across the company and we hope will inspire the growth of new ones!

Register by visiting:  
[ineosenergystation.com](https://ineosenergystation.com)



INEOS

ENERGY  
STATION

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