

Online Showcase

Sustainable Weight Management

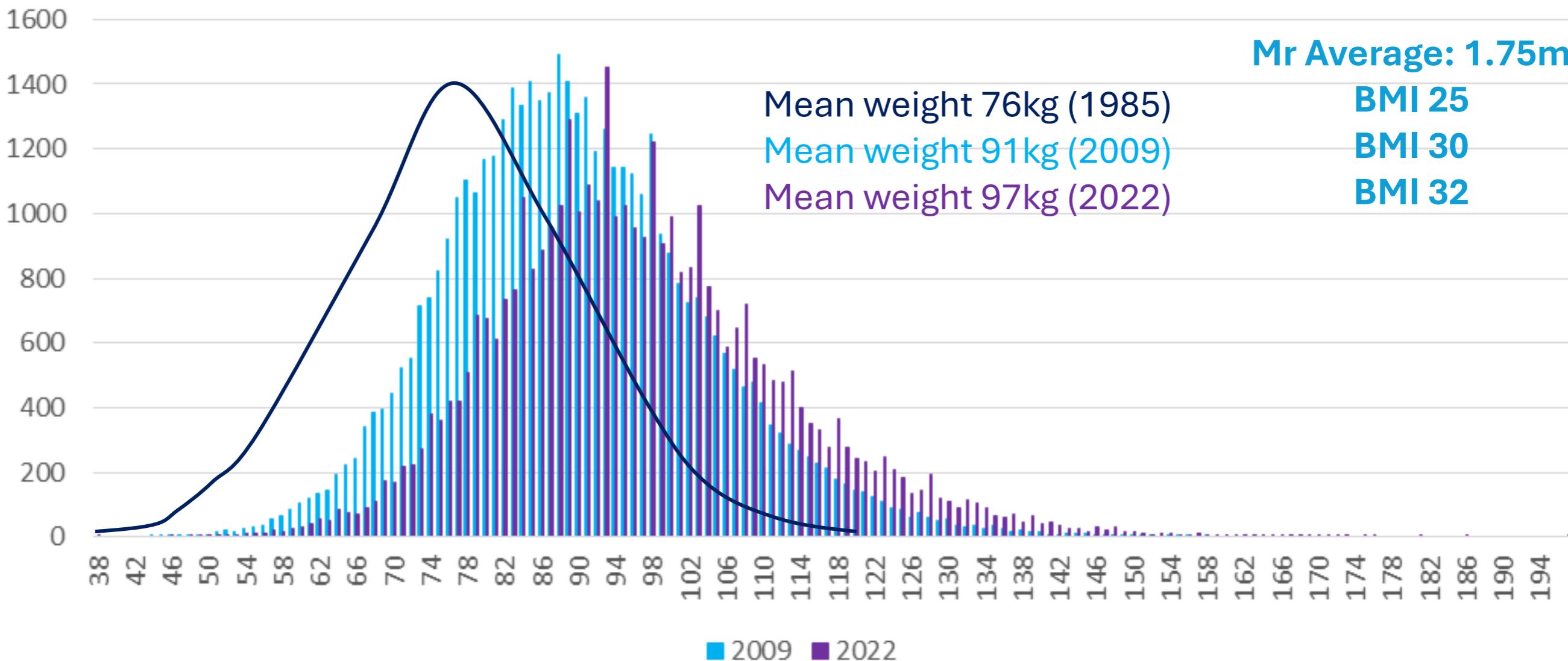
2pm – 4:30pm

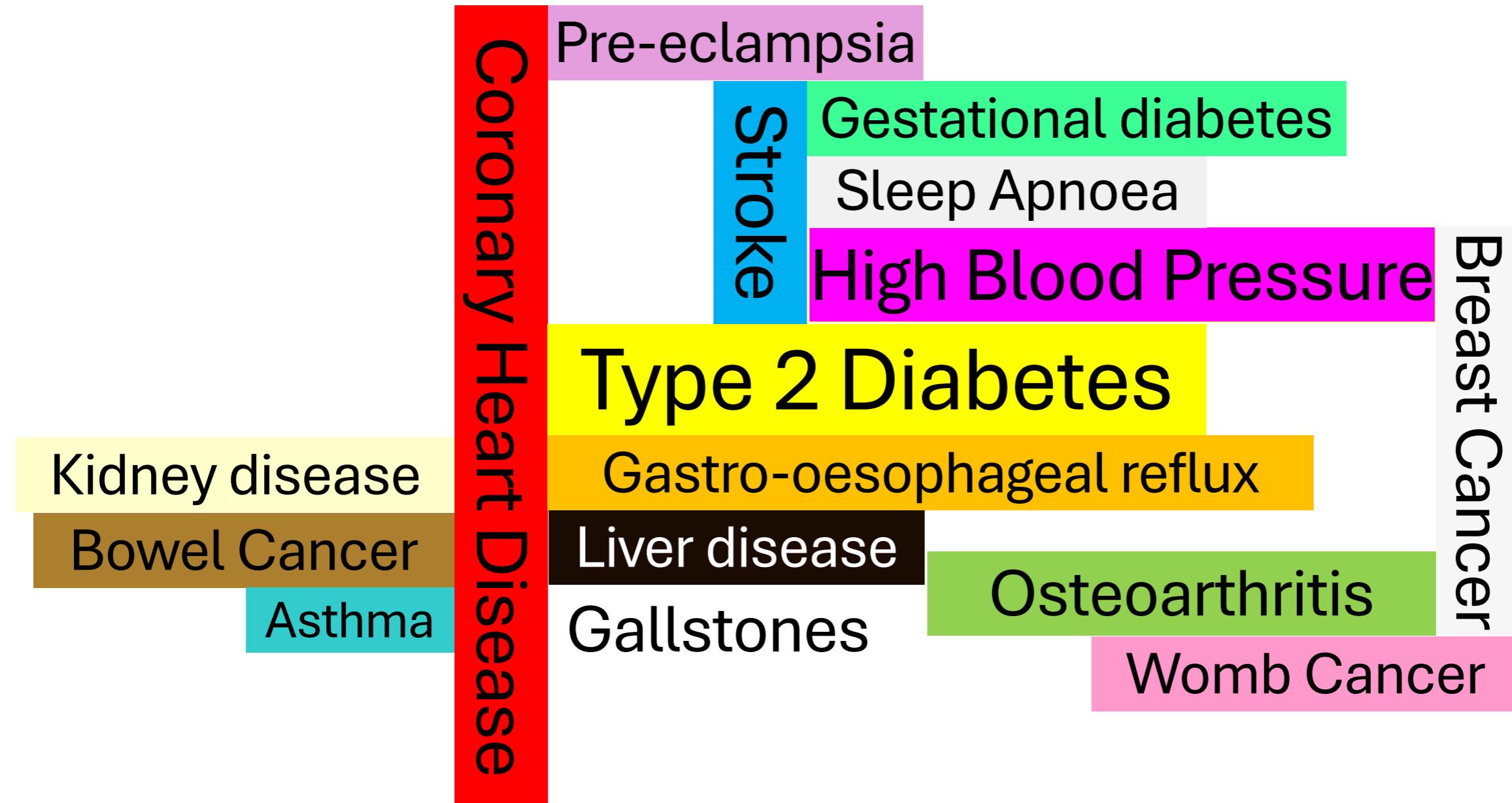
9th December 2025

Agenda

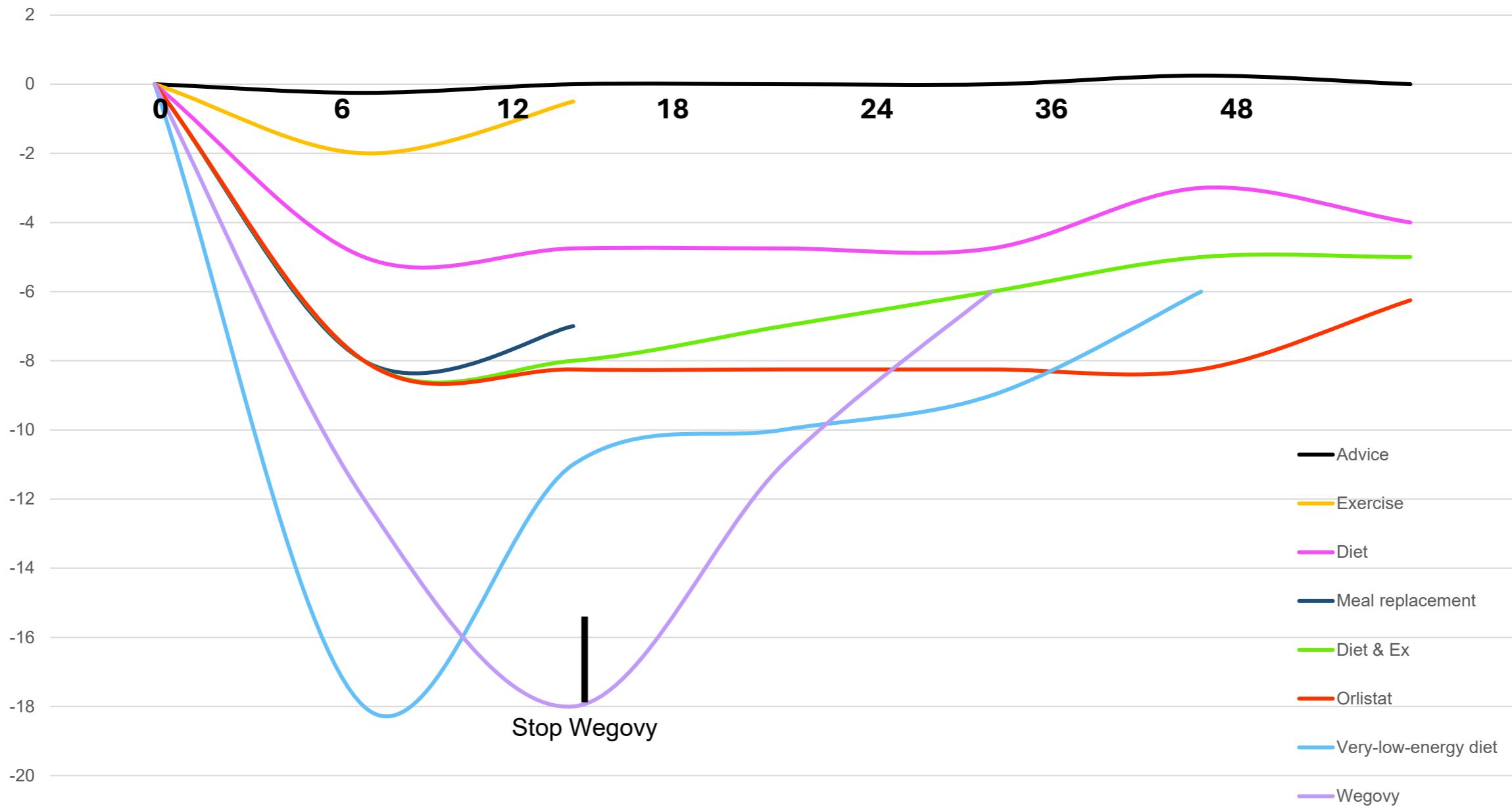
- 14:00 – Introduction and context – Graham Skinner
- 14:05 – Fat Fives Football - Callum Hopkins
- 14:20 – Total Active Hub - Tony Eames
- 14:35 – Bodyline Clinic - Dr. Morgan Toerien
- 14:50 – RigRun Weight Loss – Louise Martin
- 15:05 – MAN v FAT - Karl White
- 15:20 – How To Avoid The Fatal Flaw in Weight Management Coaching – Dr Julia Jones
- 15:35 – See Change: Nutrition & Coaching for a Healthy Offshore Lifestyle - Antonia Maguire
- 15:50 - TAC Healthcare's Weight Loss Solution – Dr Stuart Scott
- 16:05 - It's not a lack of willpower, it's the environment- Eva Humphries
- 16:20 – Fit2Fly - Georgina Howden - Healthoutfit
- 16:30 – wrap-up – Graham Skinner

Introduction and context – Graham Skinner





weight change (kg) over 48 months follow-up



Industry Safety Weight Limit

The [Offshore Energies UK \(OEUK\)](#) safe weight limit for offshore workers is **124kg (clothed weight)**, which will be fully implemented from November 1, 2026. This limit is in place for safety reasons, particularly to ensure emergency rescue, as search and rescue helicopter winches have a limited capacity for a single patient. Individuals above this weight will not be issued a standard medical certificate and will be denied travel to offshore installations.

Key details of the OEUK weight limit

- Limit: 124kg, which is the maximum clothed weight for offshore workers.
- Implementation timeline:
 - **Introduction and awareness**
 - **Transition phase**
 - **Mandatory implementation**
- Reasoning: The limit is driven by safety, primarily the limitations of search and rescue helicopter winches, which have a maximum capacity of approximately 124.7kg for a patient, accounting for the winch operator and equipment.
- Consequences: After November 1, 2026, workers who exceed the limit will not receive an OEUK medical certificate and will not be permitted to travel offshore. Those within certain weight brackets (115-124kg) may receive restricted, time-limited medical certificates to encourage weight loss.
- Enforcement: Compliance will be checked through medicals and heliport procedures.

Safe Weight Limit for Offshore Installations



Marine
Rescue



Lifeboat
Loading



Stretcher
Rescue



Helicopter
Transport

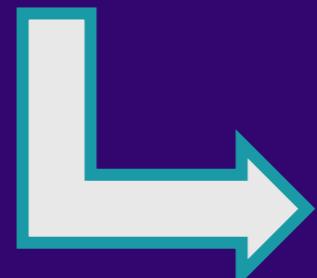
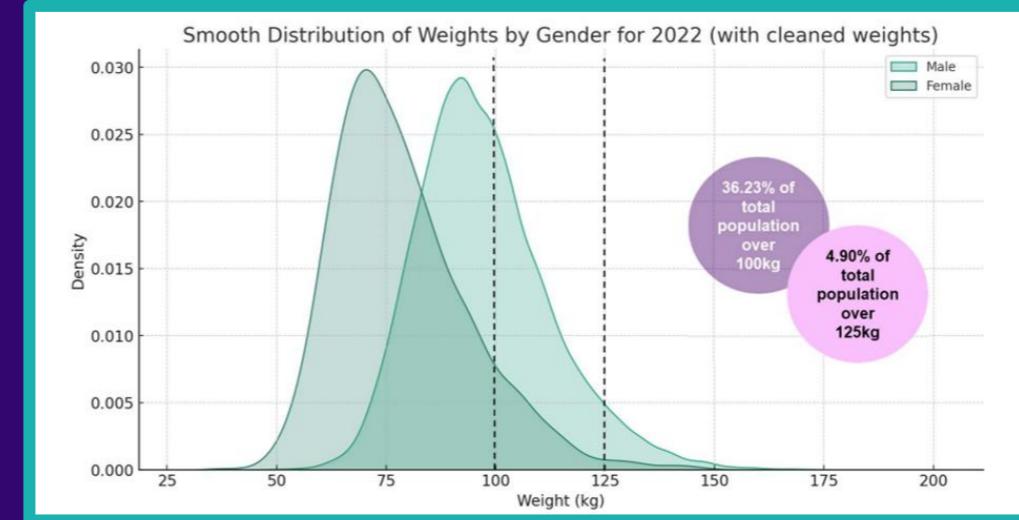
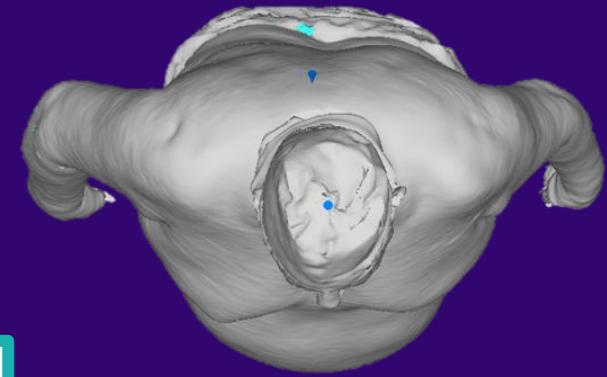


Confined
Spaces

The offshore industry is
collectively introducing
a clothed weight limit...

**Max of 124kg
for all offshore workers**

Nearly 5% of workers are now above 125kg. This trend affects the safe operation of rescue equipment.



Marine
Rescue



Lifeboat
Loading



Stretcher
Rescue

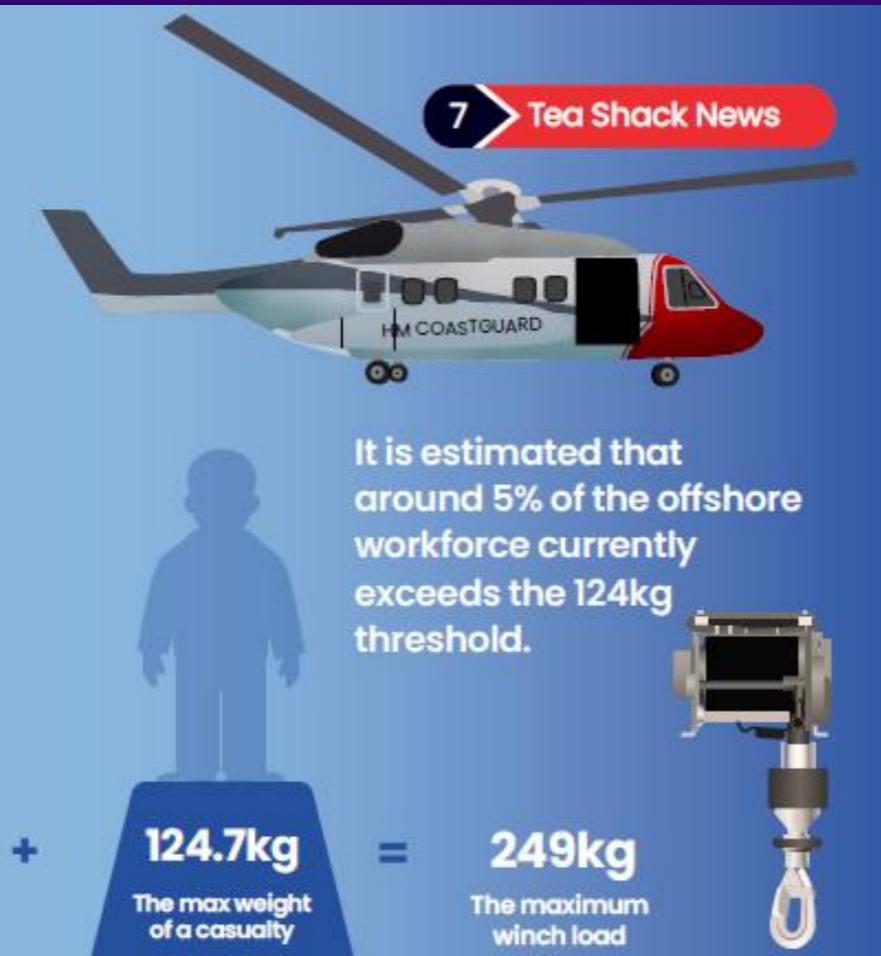


Helicopter
Transport



Confined
Spaces

Introduction of Weight Limits for Offshore Workers



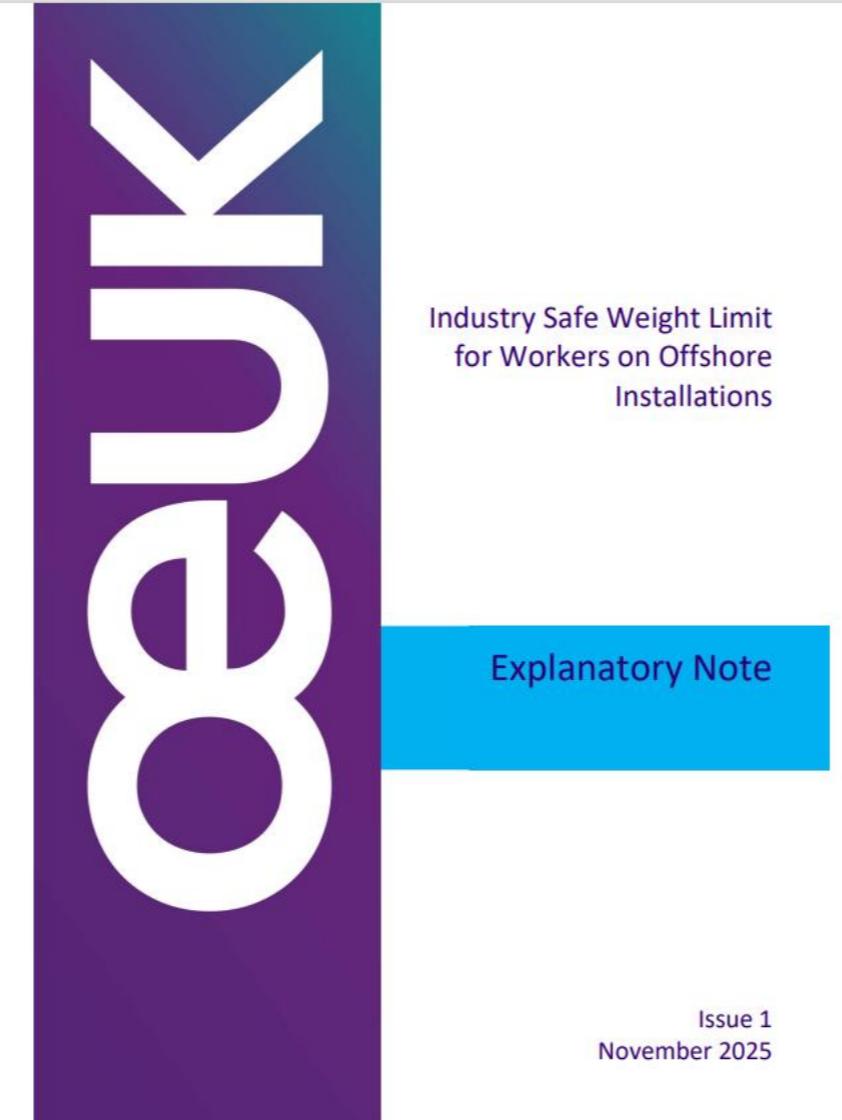
Phased roll out:

- Introduction & Awareness
1st November 2025 – 31st Jan 2026
- Transition Phase
1st Feb 2026 – 31st Oct 2026
- Mandatory Implementation
1st November 2026

Controls will be implemented:

- Routine Offshore Medicals
- Operator Mobilisation Procedures
- Heliports

Suite of Documents



FAQs for Industry Safe Weight Limit	
Revision: 1.4	Date 01/10/2025
Questions about the policy development	
Why is a safe weight limit policy required?	Workers weights have been increasing over the last 60 years. Over a third of offshore workers are now above 100kg. This presents multiple risks related to safe evacuation via lifeboat or helicopter and rescue from the sea or installation. Installation duty holders must ensure that all persons can be rescued.
What is the OEUK offshore safe weight limit?	The clothed weight limit for offshore workers is 124kg, including a 0.7kg safety margin. This is to ensure safe evacuation and rescue, particularly by search and rescue helicopter winch.
What is the most acute issue?	The search and rescue helicopters in the UK, Norway, and Netherlands all have the same type of winch. When you consider the weight of the winchman paramedic, and the rescue kit it only leaves a remaining 124.7kg for a patient. Anyone requiring rescue by search and rescue helicopter over 124.7kg cannot be guaranteed rescue.
Why not get a stronger winch or winch cable?	The Winch has been certified for operating with human external cargo by the European Union Aviation Safety Agency which are followed by the UK Civil Aviation Authority. Changes in specifications and certification can take years. Even with a stronger winch the winchman will still have to manually get the stretcher into the helicopter which is obviously harder with heavier casualties.
Is this problem specific to offshore oil and gas?	It is not realistic that this issue can be resolved. Yes and no. The weight increase is common across all of the UK population and aligns with NHS data. However, as oil and gas workers are 96% male and many are in the 45-50 age bracket means that the issue is amplified in our workforce.
Does the weight limit apply to all offshore installations?	Yes, it applies to installations with accepted Safety Cases under the Offshore Installations (Offshore Safety Directive) (Safety Case etc.) Regulations 2015

Fat Fives Football - Callum Hopkins



FatFives Football

**Improving Men's Health through Football in
North East Scotland**



Callum Hopkins
Founder - Fat Fives Football
admin@fatfives.football

Presented: 9th December 2025

FAT FIVES FOOTBALL - WHY FOOTBALL?



“ Five a side (football) is a really great form of exercise to carry with you because of the change of direction, the change of pace, it works your whole body ,”

Professor Gordon MacKay

World-leading Sports Surgeon / Ex-Professional Footballer

Quoted on Off the Ball 01/03/2025

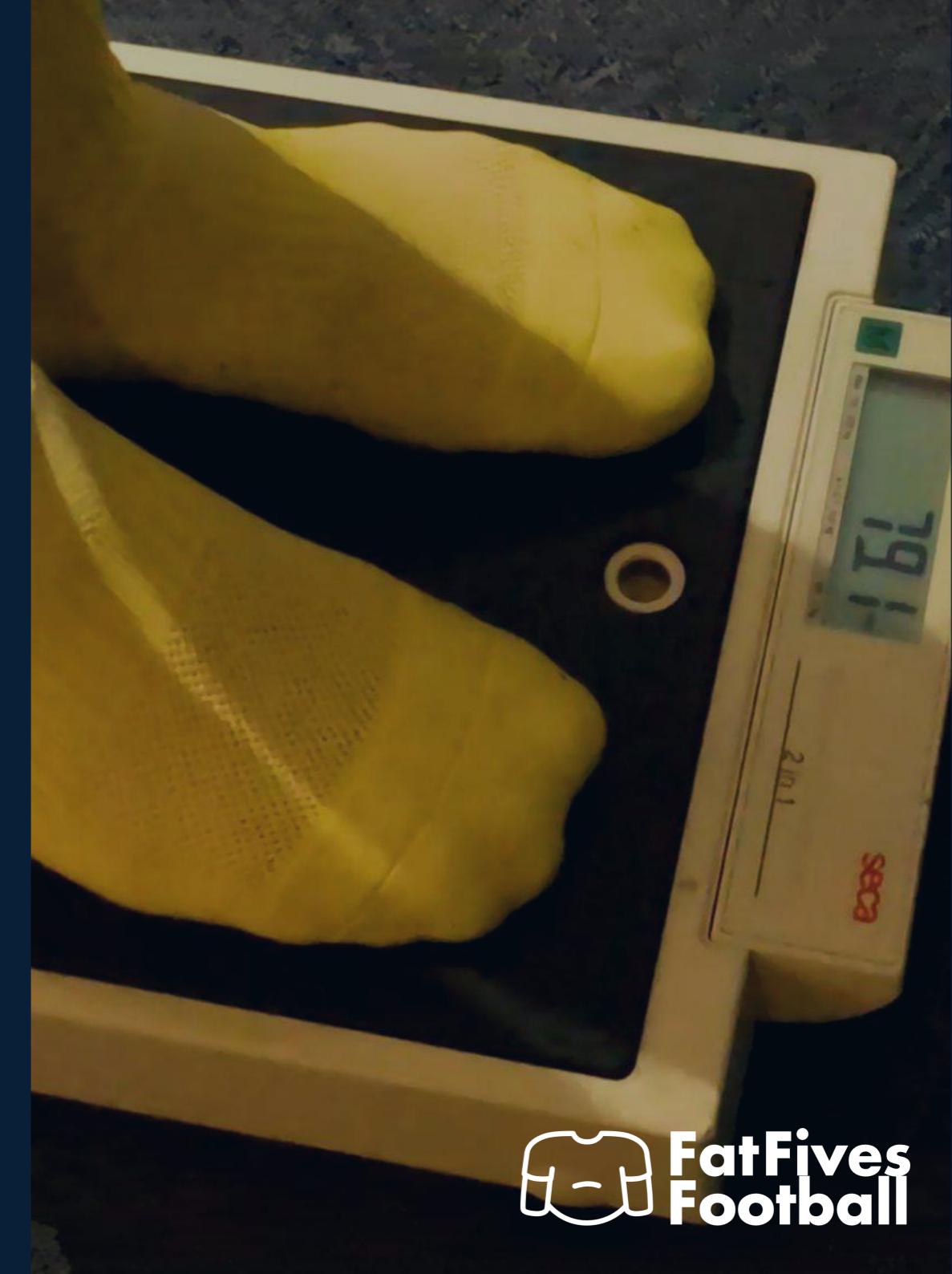
FAT FIVES FOOTBALL - ABOUT

- Founded **April 2023**
- North East Scotland's **biggest** Weight Loss Football programme
- Growth: **15** members (2023) **150** members (EOY 2025)
- **500+kg** combined total lost in **2025**
- Open to men 18-65 in NE Scotland with **26+** BMI
- Pay-to-Play model - **£6** per session, tailored to suit **Offshore Workers**



FAT FIVES FOOTBALL - WEIGHT LOSS

- Friday Nights **7:15pm - 9pm.**
Weigh-in prior to match kickoffs
- Members lost up to **26kg** per season
- Individual and team weight loss competitions, competitions run for **12 weeks**
- Competition points gained for **losing** or **sustaining** weight
- **Weekly award** for those who lost most weight that week
(Team of the week)



FAT FIVES FOOTBALL - FOOTBALL

- Sessions located at **Goals, Aberdeen, Bridge of Dee**
- **8 Teams, 5-a-side** teams, rolling substitutions
- 3 competitive matches per week with referees, **18-20 minute** matches
- Specialist rules to support **new members gain fitness**, separation between **weigh-in results** and **football results**



FAT FIVES FOOTBALL - QUOTES

Fat Fives has been part of my journey since day one, and even with working offshore it kept me accountable, moving, and motivated. Three stone down, stronger than ever



Jonny McLaren
JAW Well Services

“ At home... I don't have much else in the way of exercise. Fat Fives gave me a reason to keep fit and a way of tracking my weight. ”



Stuart Imrie
Shelf Drilling

See More Feedback: <https://link.fatfives.football/feedback>

FAT FIVES FOOTBALL - IN THE MEDIA

Featured in:



Print and online:

<https://link.fatfives.football/p&j>



News at 6 Aberdeen (July 2025):

<https://link.fatfives.football/stv>



FAT FIVES FOOTBALL - COMING 2026

New Partnerships:



Portlethen
Bridge of Don
Bucksburn



New Members App:

- Live Weight Goal Tracking
- Live Competition Results
- Members Launch - Q1 2026



FAT FIVES FOOTBALL - GET INVOLVED

- Player registration **always open**, new members can **join any time** regardless of season status
- Pay-as-you-go payment model
- **£13** registration fee, includes fees for **first 2 sessions**
- Instant access to players **WhatsApp** community

Register: <https://fatfives.football>



FAT FIVES FOOTBALL - SPONSORSHIP

- Sponsorship packages available, including:
 - **Award** Sponsorship
 - **Team Shirt** Sponsorship
 - **League Naming** Sponsorship
- Up to **50% discount** on weekly fees for staff through sponsorship
- Anonymous **monthly reporting** on staff progress

Brochure: <https://fatfives.football/sponsor>





FatFives Football

Please ask any questions you may have!

(feel free to also contact us with questions if you wish)

Email: admin@fatfives.football

Website: <https://fatfives.football>

Socials: @fatfivesfootball

Links: <https://linktr.ee/fatfivesfootball>

FIND US ON



Total Active Hub - Tony Eames



Sustainable Weight Management

**Movement + Nutrition +
Behaviour: the formula for
lasting weight control**

www.totalactivehub.com

The
Men's Health
Nutritionist





DEMO



For a full demo book a time that works:
www.totalactivehub.com/contact/book-a-demo



Why I'm here today

Our founding story:

Live with sudden death heart syndrome.
Inspired by how movement has been the difference between life and death, I created Total Active Hub to support with physical and mental health of others.



SCAN ME



Total Active Hub is built on the following principles to inspire everyone

-  Inclusive movement that works for everyone, in every environment.
-  Small, consistent behaviours that build long-term healthy habits.
-  Simple, practical nutrition guidance that people can follow every day.
-  Supportive teams and shared experiences that keep people motivated.

**DEMO**

For a full demo book a time that works:

www.totalactivehub.com/contact/book-a-demo

We create active engaged communities

**opentext**™**nationalgrid****South Western Railway****Lenovo****115+**

countries users are active

activehub



For a full demo book a time that works:
www.totalactivehub.com/contact/book-a-demo



Movement + Nutrition > long-term change



A deadline can create action, BUT only long-term habits protect the workforce for years to come. Short-term fixes won't meet a permanent policy. Sustainable movement and behaviour change will.”

“ Increased physical activity is one of the most consistent predictors of long-term weight-loss maintenance.

Wing & Phelan, American Journal of Clinical Nutrition, 2005

“ High levels of physical activity are a key behavioural factor in maintaining a stable body weight after weight loss

Dombrowski et al., Obesity Reviews, 2014

“ Physical activity plays a critical role in preventing weight regain by counteracting the metabolic adaptations that promote weight recovery

National Institutes of Health Review, 2023

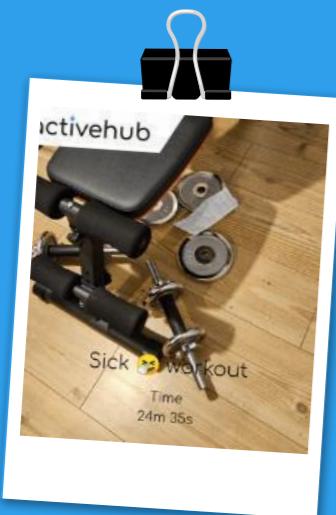
powered by MovementOS - activehub



Engagement
Healthy Choices
Daily Habits
Energy
Friendships
Connection
Discipline
Self-Control
so much more...



The Power of **Movement** Creates ...





For a full demo book a time that works:
www.totalactivehub.com/contact/book-a-demo



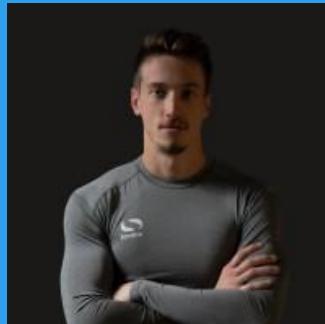
Movement + Nutrition > long-term change

Layer 1: Education

Weight Management

An 8-week digital programme to help men lose weight, build sustainable habits, and improve their health.

The
Men's Health
Nutritionist



Mental Performance

Strengthen workforce resilience and performance through practical mindset coaching and over 100 mental-fitness tools



Layer 2: Movement

Inclusive Movement (On/Off Shore)

The Active Hub helps organisations improve workforce wellbeing by encouraging simple, consistent movement, boosting energy and resilience while giving organisations clear insights into engagement

Off-shore - Movement as a community
On-Shore - Creating Accountability



powered by Movement + Nutrition
Total Active Hub

Layer 3: Community

Active Life Assistant

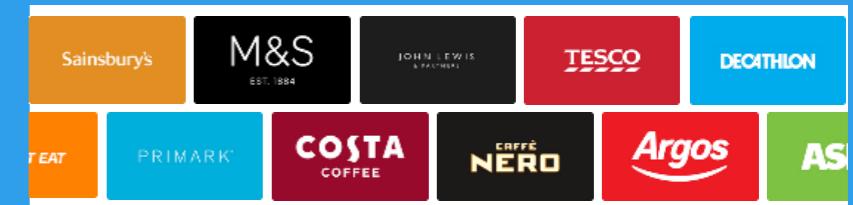
Guides employees to reach 150 minutes of weekly movement with simple prompts, personalised support, and easy daily habit-building

Monthly Webinars

Expert-led sessions covering movement, nutrition, mindset, healthy habits, giving employees tools to improve their overall wellbeing

Active Rewards

Motivate employees to achieve 150 minutes of movement each week by offering engaging weekly incentives



96% employees engaged to move more with their work colleagues

**DEMO**

For a full demo book a time that works:

www.totalactivehub.com/contact/book-a-demo

How we make movement happen



**DEMO**

For a full demo book a time that works:

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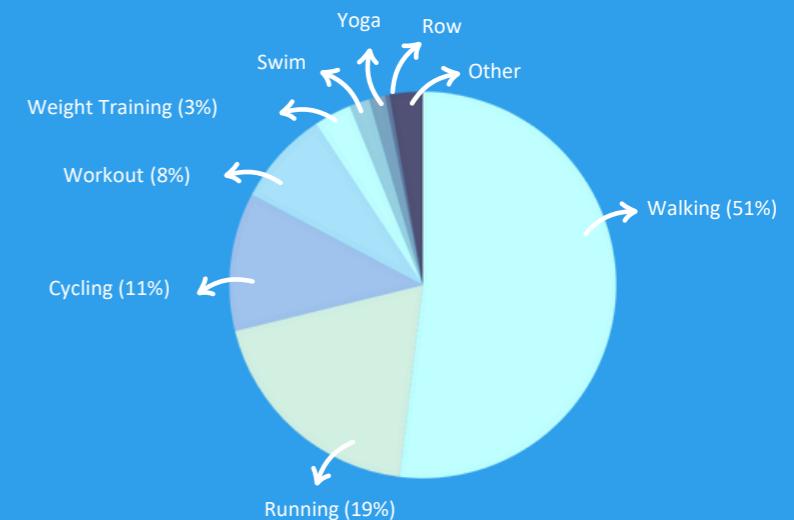
Movement for everyone, not just the few



People move in different ways

Your employees stay active in many ways—walking, yoga, weightlifting, or team sports. Understanding these preferences helps us create inclusive movement opportunities for everyone.

81%
of employee movement
typically happens outside
of a gym (3)



We align to 100% of movement



The impact of movement

CASE STUDY DATA:



Registration Exercise Frequency	Number of Users	Avg. Activities per week	Weekly Movement Uplift	Outcome
0	93	5.1	-	The catalyst for new movement
1-2	232	5.3	257%	Movement exploded, with more movement
3-4	232	5.8	68%	Motivated movers to move more
5	147	7.1	43%	The consistent movers moved more

The Outcome:

All movement groups (non-movers & movers) significantly increased their activity rate across the programme period

How this is achieved:

- Team Engagement
- Head-to-head challenges
- Community Feed - Photos
- Active Life Assistant
- Smart Nudges
- Digital Badges & Medals



Our validation & proof points for making it happen



**DEMO**

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www.totalactivehub.com/contact/book-a-demo



Employee success stories

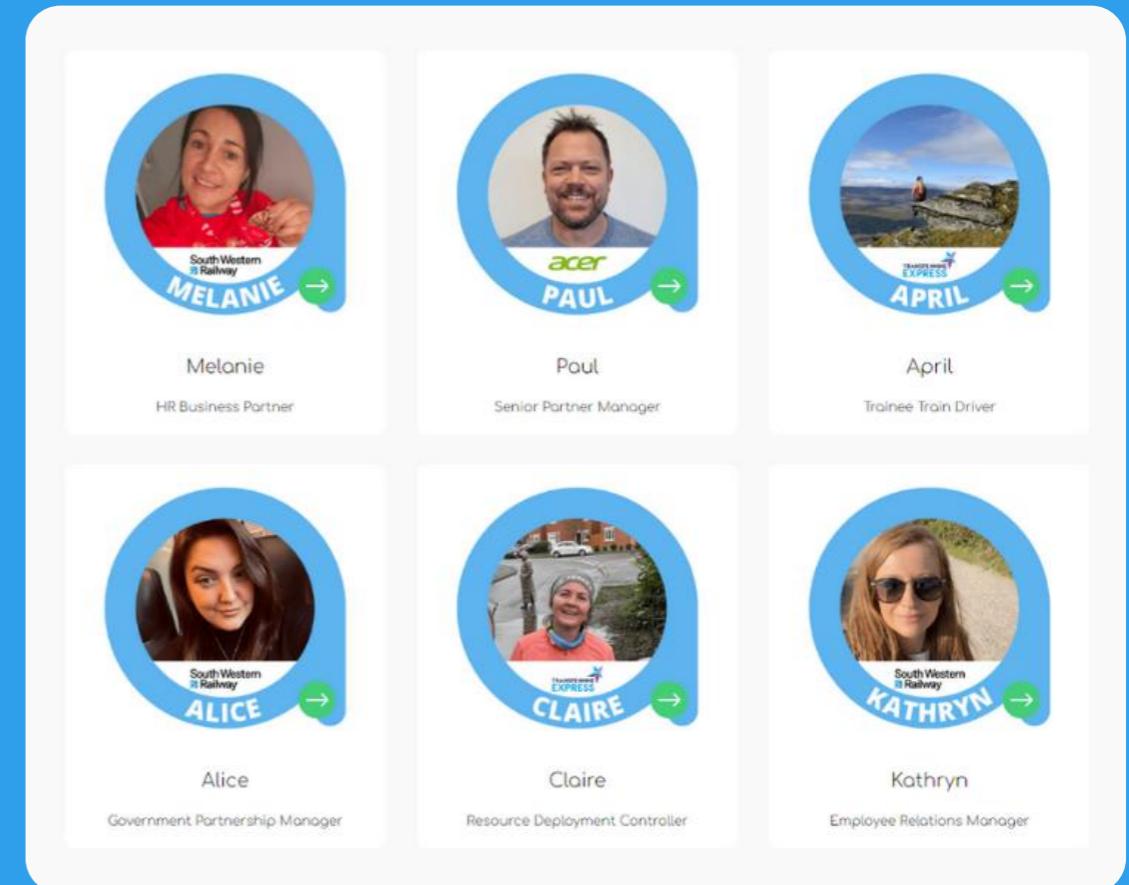


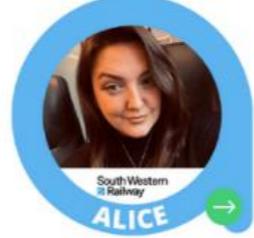
Every day, hundreds of users engage across Total Active Hub, by users wanting to make a real difference to their health. Over 70 stories have now been submitted.



READ THEIR STORIES:

www.totalactivehub.com/success-stories



 Melanie HR Business Partner	 Paul Senior Partner Manager	 April Trainee Train Driver
 Alice Government Partnership Manager	 Claire Resource Deployment Controller	 Kathryn Employee Relations Manager



For a full demo book a time that works:
www.totalactivehub.com/contact/book-a-demo



Our case studies highlight the real business impact

The grid displays four case studies:

- Avanti West Coast:** How Avanti West Coast transformed employee benefits. Category: INCLUSIVE MOVEMENT.
- South Western Railway:** How SWR planted 40,000 trees through employee movement. Category: TRANSPORT.
- opentext:** How a 95% employee uptake had a lasting impact. Category: EMPLOYEE WELLBEING.
- Arbuthnot Latham:** 76% employees participated, resulting in 8,668 school meals. Category: SOCIAL IMPACT.

Read our client case studies



www.totalactivehub.com/case-studies



For a full demo book a time that works:
www.totalactivehub.com/contact/book-a-demo



Thoughts leaders for movement

Inspiring conversations with leaders, entrepreneurs, and change-makers exploring how movement, mindset, and wellbeing drive personal performance and business success.



Special Guest:
Sinéad Kennedy, Head of Wellbeing &
Occupational Health



Special Guest:
Chloe Smithers, Wellbeing Champion



Special Guest:
Zoe Flannagan, Wellbeing & Health Lead



Special Guest:
Jon Dutton, CEO of British Cycling



Visit the Active Podcast channel



Sustainable Weight Management

**Movement + Nutrition +
Behaviour: the formula for
lasting weight control**

DEMO

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www.totalactivehub.com/contact/book-a-demo

www.totalactivehub.com

The
Men's Health
Nutritionist





Back-up slides



Movement + Nutrition + Behaviour

An 8-week digital programme to help men lose weight, build sustainable habits, and improve their health.

Designed for men living with overweight or obesity, this programme takes a straightforward & science-backed approach to weight loss, taking into account both the physical and the mental. It provides men with the tools & confidence to build healthy habits & improve their health.

What it covers:

- Key principles of metabolism, energy balance
- Fundamentals of nutrition, sleep & stress
- Harnessing motivation & mindset
- Habit-building & behaviour change strategies
- Practical tools for sustainable weight loss

- ✓ Based on the latest nutrition research
- ✓ Applies behaviour change science
- ✓ Delivered by AfN Registered Nutritionist

Programme format:

- 8-week digital programme
- 1:1 coaching call + 7 online workshops
- Access to digital resources

Expected outcomes:

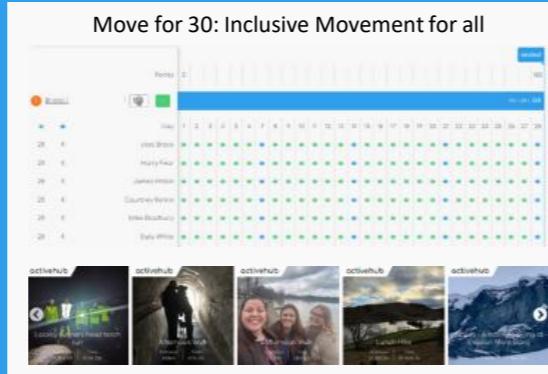
- Healthier eating patterns
- Sustainable weight loss
- Increased confidence & self-management
- Better energy, mood, and wellbeing



Events & Solutions to create movement



Always-on platform of inclusive events to drive mass employee participation



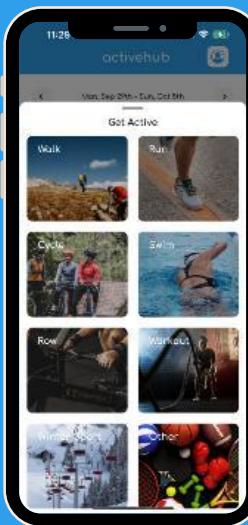
Additional solutions to create move inclusive movement





Reward users for moving more

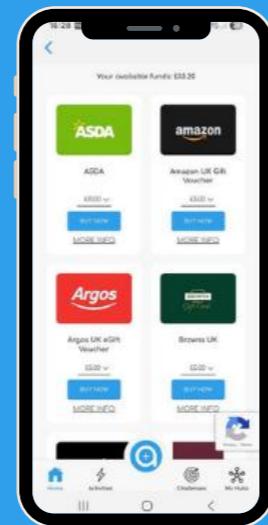
Sometimes we need that extra bit of motivation and our reward options give you just that



1

Earn Your Points

Just move!... and every time you do that you earn points which can then be converted into rewards.



2

Choose Your Reward

We work with you to create the right reward for your people, and there are 3 options available:

1. Vouchers
2. Charity donations
3. Prizes

Ability to API Active Points into 3rd Party reward systems

The Outcome:

Rewarding Users with personal rewards for moving
150 minutes per week has a positive impact



Our movement promise



Deliver a world-class movement programme

How: for the past 5-years we remain on a 100% contract renewal



We'll deliver the highest engagement you've seen +50%

How: Movement = Personal Passions > it's inclusive and accessible



Uncover personal success stories through movement

How: Movement changes lives; whatever your fitness level



Movement will be embedded into your work culture

How: You will empower employees to be more active

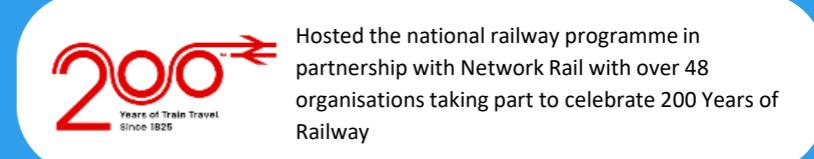
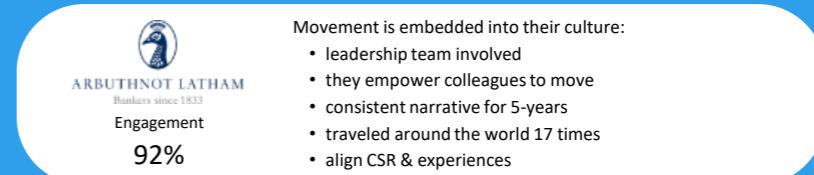


We'll bring to life movement values

How: We'll tell a story through an all employee experience



Proven track record





The importance of movement

We are projected to be 35% less physically active vs. 1960's*

1 in 4

Adults globally don't achieve the minimum weekly 150 minutes of physical activity*

“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat”

Chris Witty - Chief Medical Officer for England

Supports:

Happiness, Stress, Anxiety, Menopause, etc...

Musculoskeletal (MSK) conditions:

7.3 million working days

are lost annually due to musculoskeletal (MSK) conditions*

2nd

most common reason for absenteeism**

1 in 3

In the UK affected by Muscle & Joint pain

“The evidence for providing cost-effective interventions for preventing MSK conditions is overwhelming”

Public Health England, UK GOV

SOURCES:

* World Health Organisation: Global Action Plan on physical activity 2018 – 2030

** <https://www.ukactive.com/news/fitness-and-leisure-sector-holds-key-to-getting-nations-workforce-physically-active-and-saving-uk-economy-up-to-17bn-a-year/>



Movement x Engagement > A workplace superpower



The combination of inclusive movement and connected workplace communities creates a superpower lifting **employee wellbeing, engagement and performance**

We have proven that a workforce who move more together become happier, healthier, and more energised

76%
employees feel more energised and subsequently 73% more productive

2x
NHS recommendation of moving 150 minutes of being active each week

43%
Less sick days for those who exercises at least once a week

The cost of inaction (COI)

£1,400
Annual cost of each inactive worker

30.8
million work days are lost each year due to MSK issues

57%
employees felt their employer proactively supported their health and wellbeing

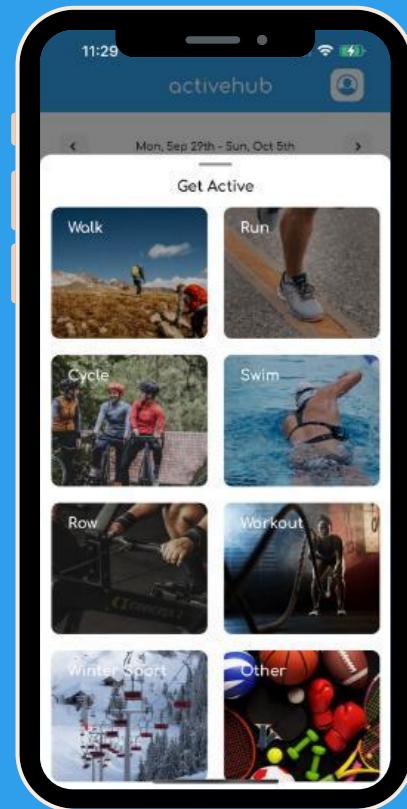
6.8
hours a day employees spend at their desk each day

96% employees engaged to move more with their work colleagues

Getting the basics in place to move more



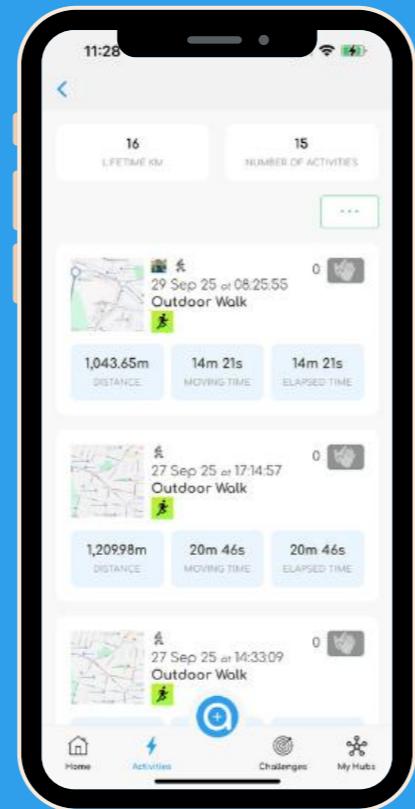
Inclusive movement in **three simple steps**



1

Move It

Start recording your movement activity either manually in the APP or via your wearable device



2

Log It

Finish your your movement activity, record it, and don't forget to capture the moment!



3

Share It

Every type of movement is an achievement, so why not share it with pride!

Movement product options



With 3 types of product, we provide flexibility to ensure that **movement is inclusive and scalable**

'Self-Service'	'Self-Service'	'Managed Solution'
<p>ACTIVE HUB CREATE A FOUNDATION OF MOVEMENT</p> <ul style="list-style-type: none"> • Company branded connected platform • Activity recording and tracking • Active life assistant • Individual goal setting • In-team challenges • Leaderboards • Digital challenge badges • Programme launch kit • User support 	<p>ACTIVE HUB+ EMPOWER MORE MOVEMENT</p> <p>Everything in Active Hub plus...</p> <ul style="list-style-type: none"> • Companywide challenges • Global themed event access • Digital medals 	<p>ACTIVE HUB PREMIUM CO-CREATE A CULTURE OF MOVEMENT</p> <p>Everything in Active Hub + plus...</p> <ul style="list-style-type: none"> • 3 x Customised movement events per year • Customised communications for all activities • Deeper movement and event data insights • Dedicated Active Hub lead • Enhanced platform with single sign on



Active Rewards & Charity (points & reward options) are an additional add on

Core Features		
Access to myActiveHub activity tracking app	Full User Technical Support	Social Media sharing feature
Automated tracking thru 3rd party app (Strava, Fitbit, Garmin, Apple)	Integration to JustGiving	Employee Communication Pack
Onboarding Users	Photo Uploads	Custom in-app branding
User Privacy Controls	Winners Page	User Success Stories



Bodyline Clinic - Dr. Morgan Toerien

BODYLINE WELLNESS CLINICS

OEUK – UK OFFSHORE ENERGIES SECTOR

The Importance of a Holistic Approach to Weight
Health Management Incorporating Medical Inventions
when Required - Considerations for Offshore Working

Dr Morgan Toerien

bodyline
MEDICAL WELLNESS CLINICS



UK OFFSHORE ENERGIES SECTOR PARTNERSHIP SOLUTIONS



18 years of medical wellness experience



Leading provider of supported and personalised medical health and wellness programmes



Multidisciplinary medical team 2 specialist GPs and 30 specialist nurse practitioners



Treat over 500 male and female patients a week through supported health programmes



Scalable clinical infrastructure for complex and occupational health environments



Supported and treated 100,000 patients to achieve their health goals



CQC regulated



UK wide medical health services

UK OFFSHORE ENERGIES SECTOR PARTNERSHIP SOLUTIONS



Consultancy and workshops for use of weight loss medications in the offshore energies industry



Health screening and risk assessments



Face to Face consultations – if required



Telehealth on-line medical consultations and monitoring



Clear compliance with occupational health requirements.



Personalised weight health assessments, treatment and monitoring



Clinical guidance and tracking of results combined with full patient outcome reporting



Blood profiling for improved health and wellbeing outcomes



Supported and safe use of medical interventions, where appropriate. Experience of prescribing GLP-1 / GIP weight loss injections



Wellness advice including lifestyle, nutrition, exercise, sleep, stress, vitamin, and supplement recommendations



Specialist medical weight health triage customer service. Dedicated support helpline



Direct to patient medication supply chain

PERSONALITY

WITH EMPATHY

We listen to your unique journey, are attentive and caring, every step of the way.

PROFESSIONAL

Always working to highest ethical and industry standards. We only ever offer treatments that are effective and evidence based .

TRUSTWORTHY

We are reliable, clear, authentic and transparent.



VALUES

EVERYONE IS INDIVIDUAL

We deliver tailored solutions that work for our clients

GO ABOVE AND BEYOND

Be relentless in pursuit of the best option. Aim to exceed expectations and optimise health outcomes.

WORK WITH INTEGRITY

We endeavour to be approachable, caring and accountable.

THE ROLE OF WEIGHT HEALTH MEDICAL INTERVENTIONS

Appropriate when

- BMI and health risks are elevated
- Comorbidities are present
- Previous weight loss attempts have been ineffective

Must be

- Clinically assessed
- Individually prescribed
- Personalised medication titration
- Closely monitored and supported



SAFE & SUSTAINABLE WEIGHT HEALTH

WIDER HEALTH BENEFITS OF GLP-1 / GIP



Body Composition

Reduces body fat



Heart Health

Reduces risk of heart failure
Lowers risk of heart attacks and strokes



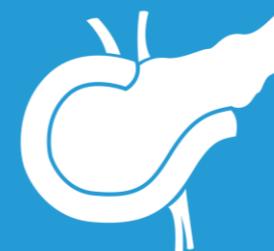
Liver Health

Prevents excess glucose production and improves fat regulations



Brain Health

Suppresses appetite, increases satiety and reduces cravings.
Trials for Alzheimer's and Parkinson's Disease and reduce Addictions.



Pancreas Health

Improves sugar management, increases insulin secretion and decreases blood sugar.
Diabetic management.



Gut Tract Health

Decreases gastric emptying, increases feeling of fullness and decreases hunger

OFFSHORE WORKING: UNIQUE CONSIDERATIONS FOR WEIGHT HEALTH MANAGEMENT

- Irregular shift patterns
- Limited food choices
- High physical and mental workload
- Sleep disruption
- Restricted access to in-person healthcare

Impact

- Increased risk of weight gain
- Challenges with medication transportation, storage and timing
- Need for robust, remote clinical support systems.

IMPORTANCE OF A SUPPORTED JOURNEY

- Specialist clinical support with experience of GLP1/GIP programmes
- Lifestyle modifications
- Medication titration
- Monitor and manage side effects
- Complications
- Continuity
- Compliance, motivation and reduced relapse risk
- Holistic support
- Fatigue and performance risk assessment
- Alignment with offshore medical and employer standards
- Empowering individuals to self-manage long term
- NICE guidance

**SUPPORTING HEALTH WITHOUT COMPROMISING
OPERATIONAL SAFETY**

INDUSTRY LEADING HEALTH SOLUTIONS

Specialist Obesity Management Supported Programmes incorporating all new GLP-1 medications

Explore Health Checks and Diagnostics bespoke to Male/Female Health Markers

Explore Men's / Women's Hormone Checks Health Checks

Low Testosterone Therapy Treatment Programmes for Men

M Plan Women's Hormone Check and Personalised Menopause HRT Treatment and Support



BODYLINE WELLNESS CLINICS

OEUK – UK OFFSHORE ENERGIES SECTOR

The Importance of a Holistic Approach to Weight
Health Management Incorporating Medical Inventions
when Required - Considerations for Offshore Working

Dr Morgan Toerien

bodyline
MEDICAL WELLNESS CLINICS



RigRun Weight Loss – Louise Martin

RIGRUN

KEEPING YOUR CREWS HEALTHY AND ONBOARD

LOUISE MARTIN

CEO & Founder



FIFO is Not a Normal Workplace

Remote & isolated worksites create conditions that are unlike any other workplace:

- Separated from family, friends & support networks
- Cut off from society for weeks at a time
- Live and work in the same place with little personal space
- Long hours over a consecutive no of days
- Extended rotations with strict routines
- High Risk environment



FIFO Workers Face an additional burden of psychosocial hazards:

- Low autonomy
- Sleep disruption
- Cumulative fatigue
- Loneliness & Isolation
- Missing out on important events
- Lack of privacy

“FIFO workers experience almost double the rate of psychological distress as compared with the general population”



How FIFO Conditions Shape Eating Behaviours

The unique pressures of FIFO life directly influence food choices and eating patterns:

- Stress, isolation & loneliness → emotional or comfort eating
- Low autonomy: you *cannot* choose your food environment
- Food becomes one of the few daily pleasures → risk of overeating
- Harsh working conditions influence choices (e.g., *apple vs. bacon bap*)
- Meal times structure the day → many personnel “live meal-to-meal”
- Food is tightly linked with morale onboard
- Weight limits could trigger shame, teasing or social stigma
- High BMI correlates with higher risk of existing mental ill-health, amplifying the challenge

In these conditions, comfort eating and emotional eating become coping mechanisms



So what is RigRun?

Designed Specifically for FIFO Worksites

- **The whole crew becomes the team:** no sign-ups, no forming groups
- **A fairness algorithm** allows crews of different sizes to compete equally
- This immediately creates a **sense of community, shared purpose and belonging**
- Designed to counter one of the strongest drivers of FIFO psychological distress: **loneliness and isolation**
- **Time-based scoring system** (capped at 3 points per person per day)
- **This ensures:**
 - People of all **fitness levels, ages, BMIs** contribute equally
 - No one feels “not fit enough” to take part
 - No stigma or comparison: **everyone’s contribution counts equally**
- Truly flexible activity choice: walking stairs, helideck laps, weights, stretching, pilates, meditation
- **Protects autonomy:** personnel choose if, when and how they participate
- **Take part offshore *and* onshore**



Why RigRun uses real rewards not digital badges

- **Tangible rewards matter in FIFO because autonomy is low and deprivation is high.**
So instead of taking things away, RigRun intentionally *adds* something positive.
- High-quality, sustainable merchandise earned through consistency
- Worn onboard → increases belonging, visibility and pride
- Builds community: which combats isolation
- Viral motivation effect; when one person wears it, others join in



ESG and Safety of Prize Merchandise



CHARITY DONATION & SPORTS WATCH* DRAW
- 60 Minutes



ODDBALLS SHORTS
- 500 Minutes



RECYCLED FIBRE FLEECE
- 1000 Minutes



SUSTAINABLE T-SHIRT
- 150 Minutes



OCEAN BOTTLE RECYCLED BREW FLASK
- 2000 Minutes

Item	Sustainable / ESG Credentials	Offshore Suitability / Notes	Supported United Nations Sustainability Goals
River Dee Trust Donation	Supports river restoration, biodiversity and climate adaptation. Tree planting provides shade to cool river temperatures and protect Scotland's threatened wild salmon.	N/A	SDG 14 – Life Below Water, SDG 13 – Climate Action, SDG 15 – Life on Land
Ecologie T-Shirt (100% Better Cotton)	Made with 100% Better Cotton, supporting water stewardship, reduced pesticide use, soil health and improved working conditions. In the 2022–23 season, Better Cotton accounted for 22% of global cotton, representing 2.13 million licensed farmers, and U.S. farmers achieved a 26% reduction in Highly Hazardous Pesticides since 2020/21. Reduced plastic packaging; long-life garment design.	Safe for tumble-drying offshore; durable for communal laundry and RIW environments	SDG 12 – Responsible Consumption and Production, SDG 6 – Clean Water and Sanitation, SDG 8 – Decent Work and Economic Growth
OddBalls Shorts	Social enterprise product supporting men's health awareness. Ethical cotton/poly blend with reduced plastic packaging.	Safe for tumble-drying offshore; durable and comfortable for rig/vessel living	SDG 3 – Good Health and Wellbeing, SDG 12 – Responsible Consumption and Production
Recycled rPET Fleece (RESULT Brand)	Made from post-consumer recycled plastic (rPET), supporting circular-economy manufacturing. RESULT's ethical manufacturing policy ensures: no child labour; legal wages; safe working conditions; no hazardous materials; zero forced or trafficked labour; non-discrimination; environmental compliance; and workers' rights (freedom of association, maximum working hours, maternity/paternity leave).	Warm, quick-drying, durable layer suitable for offshore and RIW environments	SDG 12 – Responsible Consumption and Production, SDG 8 – Decent Work and Economic Growth, SDG 10 – Reduced Inequalities
Ocean Bottle	Made from 100% recycled rPET and recycled stainless steel. Each bottle funds the collection of ~1,000 ocean-bound plastic bottles (~11.4 kg) by collectors in lower-income coastal communities. Collection programmes provide fair wages, access to healthcare, and education support for their children. Long-life modular design using recycled materials reduces single-use plastic consumption.	High-durability hydration bottle suitable for offshore work; reduces reliance on disposable plastics	SDG 14 – Life Below Water, SDG 12 – Responsible Consumption and Production, SDG 1 – No Poverty, SDG 3 – Good Health and Wellbeing, SDG 4 – Quality Education

Adding Positive Food Choices (No Restriction, No Pressure)

Many operators choose to support RigRun by offering a daily '**RigRun Meal**':

High-protein, low-fat, high-vegetable options.

Key principles:

- **Nothing is removed** from the mess hall
Chips, sticky toffee pudding, tab nabs: all still available
- **Simply adding an extra choice** (never restricting autonomy)
- Supports FIFO workers who are already in a deprived, low-autonomy environment
- Ensures healthy eating feels **easy, optional and positive**, not forced



What the UWS Data Shows (Across 1,000 FIFO Workers)



1. Physical Wellbeing

Area	Effect Size	Significance	Interpretation
General health	0.63	p < 0.001	Moderate–large improvement
Exercise – strenuous	0.68	p < 0.001	Large improvement
Exercise – moderate	0.69	p < 0.001	Large improvement
Exercise – mild	0.50	p < 0.001	Medium improvement
Sleep quality (lower = better)	-0.50	p < 0.001	Medium improvement in restorative sleep
Stiff joints (lower = better)	-0.12	p < 0.05	Small improvement
Energy & vitality	0.53	p < 0.001	Medium–large improvement
Feeling worn out (lower = better)	-0.05	ns	Directional improvement, not statistically significant
Drowsy (lower = better)	-0.11	ns	Directional improvement, not statistically significant

ns = not significant after FDR correction



2. Social Wellbeing

Area	Effect Size	Significance	Interpretation
Value my crew members	0.24	p < 0.001	Small–moderate improvement
Strong bond with crew	0.30	p < 0.001	Moderate improvement
Enjoy being part of social activities	0.36	p < 0.001	Moderate improvement
Crew are like family	0.21	p < 0.001	Small–moderate improvement
Make an effort to welcome new crew	0.23	p < 0.001	Small–moderate improvement



3. Mental Wellbeing

Area	Effect Size	Significance	Interpretation
Depressed or hopeless (lower = better)	-0.16	p < 0.01	Small improvement
Nervous or anxious (lower = better)	-0.20	p < 0.001	Small–moderate improvement
Stressed (lower = better)	-0.33	p < 0.001	Moderate improvement
Feeling bored (lower = better)	-0.16	p < 0.01	Small improvement
Forgetting what doing (lower = better)	-0.08	Not significant	No measurable change
Feeling happy & optimistic	0.42	p < 0.001	Medium improvement
Happy with myself as a person	0.40	p < 0.001	Medium improvement

Testimonials

"I covered over 1000km on the bike during my time at work and at home. I also managed to drop ~8.5kg as a result of being more active and being conscious of what I was eating."

"Having lost 8kg during rig run I was watching what I eat, although had the odd bag of Maltesers offshore. I watch what I eat and if I'm going to be something big in calories, then I'll make sure I put in the exercise. Very conscious of what I eat now, so as to not ruin the hard work."

"Great mental health lost a few kilos and gained better cardio and muscle"

"My weight went down from 91kg to 83 kg So when looking at work It was very healthy"

"Definitely over weight before starting with Rigrun, I lost 6 to 7kg during Rigrun (combination of exercise and diet), which was very positive for my physical and mental health"

Why this matters for weight management in FIFO settings

So when RigRun improves:

- Mood
- Sleep
- Self-esteem
- Energy
- Belonging
- Connection with the crew

...the psychological drivers behind comfort eating become **less intense**.

When people feel better physically, socially and mentally — they have less need to use food for comfort.

This is why weight-related benefits often follow RigRun.

Not because food is restricted.

Not because anyone tells them what to eat.

But because people feel **better**, and coping mechanisms shift.



Where RigRun Fits & What Happens Next

RigRun sits in the *primary-prevention* space – supporting the whole crew

That makes Q1 the perfect moment to start, when many people are already thinking about health, motivation and positive change.

For individuals who are over, or approaching, weight limits, there will likely be a need for **additional specialist, one-to-one support** and we're fortunate to have several excellent providers presenting here today.

RigRun complements these services, rather than competes with them. We lift morale, connection, activity and wellbeing across the entire worksite – creating the foundation on which more intensive supports can succeed.



Where RigRun Fits & What Happens Next

RigRun is a fully event-managed service - we handle **everything!**

- All promotional materials
- Crew comms and onboarding
- Supporting medics and focal points
- Social media assets
- Real-time engagement support

Ready to onboard now for the February RigRun event!



MAN v FAT - Karl White

MANvFAT



THE UK'S LEADING MEN'S WEIGHT
LOSS & WELLBEING PROGRAMME



MAN v FAT started life 11 years ago as a website and digital magazine. We had grown frustrated at how local slimming clubs were aimed only at women, and wondered how many other men were struggling with weight loss.

In 2016, MAN v FAT Football was launched, for men who wanted to lose weight and play sport in a welcoming environment, with weekly weight loss results counting towards each teams' points in the league standings.

There are now more than 150 MAN v FAT clubs across the United Kingdom, with a collective loss of nearly 1,000,000lbs – and countless health and wellbeing improvements!

2024 saw the introduction of Rugby to our offering, and we plan to have 18 locations by the end of the summer in 2025.



WHAT THE PARTNERSHIP COULD LOOK LIKE

- A BESPOKE OFFERING FOR YOUR MALE WORKFORCE – PROVIDING THE OPPORTUNITY TO PARTICIPATE OFFSHORE, IN ABERDEEN OR THEIR LOCAL CLUB. THEIR WEIGHT LOSS CONTRIBUTING TO THE OVERALL OEUK OBJECTIVES FOR THE SAFER WEIGHT POLICY.
- REPORTING OUTCOMES AND IMPROVEMENTS INCLUDING USING OUR UNIQUE HEALTH SURVEY
- OPPORTUNITY FOR FUNDED SPACES TO BE PURCHASED TO ENABLE YOUR STAFF TO ACCESS MAN v FAT
 - CSR PARTNERSHIP E.G. £1 FOR 1LB LOST FOR A NOMINATED CHARITY OF YOUR CHOICE OR COLLECTIVELY ACROSS THE OEUK COMMUNITY



MANvFAT

WHAT HAPPENS AT A MAN V FAT FOOTBALL SESSION

MAN v FAT



WEIGH



PLAY



LOSE



WIN

MANvFAT HOW THE SCALES SCORING WORKS

WEIGHT LOSS

PLAYERS SCORE TRIES FOR LOSING

PLAYERS LOSING	TRIES SCORED
1-2	1 
3-4	2  
5-6	3   
7-8	4    
9+	5     

FOOD TRACKING

PLAYERS SCORE TRIES FOR TRACKING

PLAYERS TRACKING	TRIES SCORED
1-3	1 
4-6	2  
7+	3   

MILESTONES

PLAYERS SCORE A BONUS 3 TRIES FOR HITTING
A % MILESTONE. MAX 2 PER SEASON.

WEIGHT LOSS	TRIES SCORED
5%	3   
10%	3   
15%, 20% +	3 TRIES NEXT SEASON

HAT TRICKS

PLAYERS SCORE A BONUS TRIES FOR 3 WEEKS OF WEIGHT LOSS. THIS DOESN'T HAVE TO BE CONSECUTIVE WEEKS. THERE ARE A MAXIMUM OF 4 HAT TRICKS AVAILABLE.

PENALTY TRY

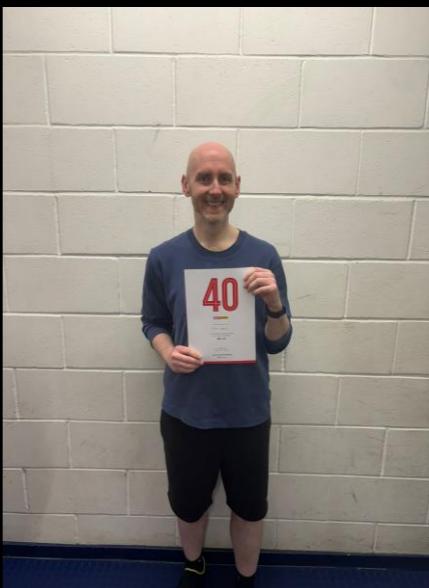
IF PLAYERS PUT ON WEIGHT AND GO ABOVE YOUR SEASON START WEIGHT, YOU SCORE A PENALTY TRY (-1)

IF PLAYERS ARE ABOVE YOUR SEASON START WEIGHT AND LOSS WEIGHT, YOU SCORE 0

BMI BOSS

IF PLAYERS REACH A BMI OF 25 OR BELOW YOU RECEIVE 3 BONUS TRIES. PLAYERS CAN NO LONGER SCORE MILESTONE BONUS TRIES BUT DO RECEIVE 1 TRY FOR EACH WEEK THEY REMAIN BELOW A BMI OF 25.

MANvFAT WHO WINS WHAT & WHEN



MANvFAT PLAYERS IN ACTION



MANvFAT WHY MAN v FAT?

WEIGHT LOSS

- ACROSS COMMERCIAL SERVICE PROVIDERS WEIGHT WATCHERS, SLIMMING WORLD, AND ROSEMARY CONLEY DIET AND FITNESS CLUBS, MEN REPRESENT JUST 11% TO 18% OF PARTICIPANTS.
- MEN ARE MORE LIKELY TO ASSOCIATE DIETING WITH UNAPPEALING FOOD AND SMALLER MEAL PORTIONS, AFFECTING THEIR ENGAGEMENT WITH IT.
- WOMEN ARE MUCH MORE LIKELY TO BE REFERRED TO WEIGHT LOSS PROGRAMMES BY GPs. DESPITE BEING JUST AS LIKELY TO ACCEPT, MEN MAKE UP ONLY ONE IN TEN REFERRALS.



MANvFAT WHY MAN V FAT?

SPORTING / PARTICIPATION

- LIKE MINDED MEN ASPIRING FOR THE SAME GOAL
- CAN'T KEEP UP IN TRADITIONAL SMALL SIDED COMPETITIONS
- SOCIAL, PLAYERS COULD BE NEW TO AN AREA OR JUST SIMPLY WANT TO EXPAND THEIR SOCIAL NETWORK
- MENTAL - WE KNOW A LARGE % OF OUR PLAYERS JOIN DUE TO WANTING TO IMPROVE THEIR MENTAL WELLBEING.
- GATEWAY TO REGULAR PARTICIPATION, ALTHOUGH SOME CAN'T COMPETE IN TRADITIONAL FORMATS INITIALLY, MEMBERS GRADUATE TO 11 A-SIDE FOOTBALL OR FULL-CONTACT RUGBY FOR EXAMPLE



MANvFAT WHY MAN V FAT?

WORKPLACE WELLBEING BENEFITS

IMPROVED PHYSICAL WELLBEING:

- REDUCING EMPLOYEE CHANCES OF DEVELOPING ILLNESS RELATING TO OBESITY SUCH AS DIABETES, HEART CONDITIONS ETC . THIS ALSO LINKS TO REDUCING TIME OUT OF THE WORKPLACE FOR MEDICAL CONDITIONS MENTIONED ABOVE
- IMPROVED ENERGY LEVELS, CONCENTRATION AND PRODUCTIVITY ARE ALSO THINGS KNOWN TO IMPROVE THROUGH PHYSICAL ACTIVITY

IMPROVED MENTAL WELLBEING:

- INCREASED PHYSICAL ACTIVITY ALSO LINKS TO IMPROVED MENTAL HEALTH
- POTENTIAL REDUCTION IN CONDITIONS LIKE STRESS, ANXIETY AND DEPRESSION
- IMPROVED EMPLOYEE SELF-ESTEEM AND CONFIDENCE

TEAM BUILDING:

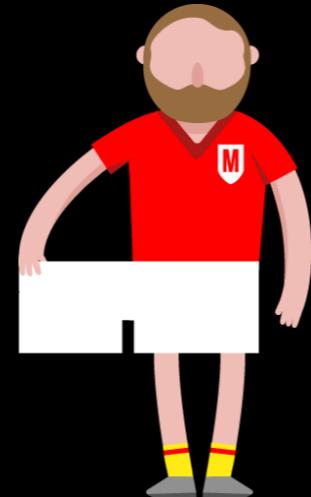
- SUPPORTS EMPLOYEES IN BUILDING MEANINGFUL CONNECTIONS BOTH INSIDE AND OUTSIDE OF WORK THROUGH A LOCALISED AND NATIONAL COMMUNITY
- IMPROVED TEAMWORK AS EMPLOYEES COLLABORATE TOWARDS A COMMON GOAL
- OPPORTUNITIES FOR EMPLOYEES TO LEAD A TEAM AND IMPROVE SKILLS SUCH AS LEADERSHIP, COMMUNICATION SKILLS AND CONFIDENCE

MANvFAT

THANK YOU

PUBLIC HEALTH CONTRACTS MANAGER – KARL WHITE: KARL@MANVFAT.COM

ASSOCIATE DIRECTOR OF MARKETING AND PARTNERSHIPS – MATT HUDSON: MATT@MANVFAT.COM



How To Avoid The Fatal Flaw in Weight Management Coaching – Dr Julia Jones

Holiday

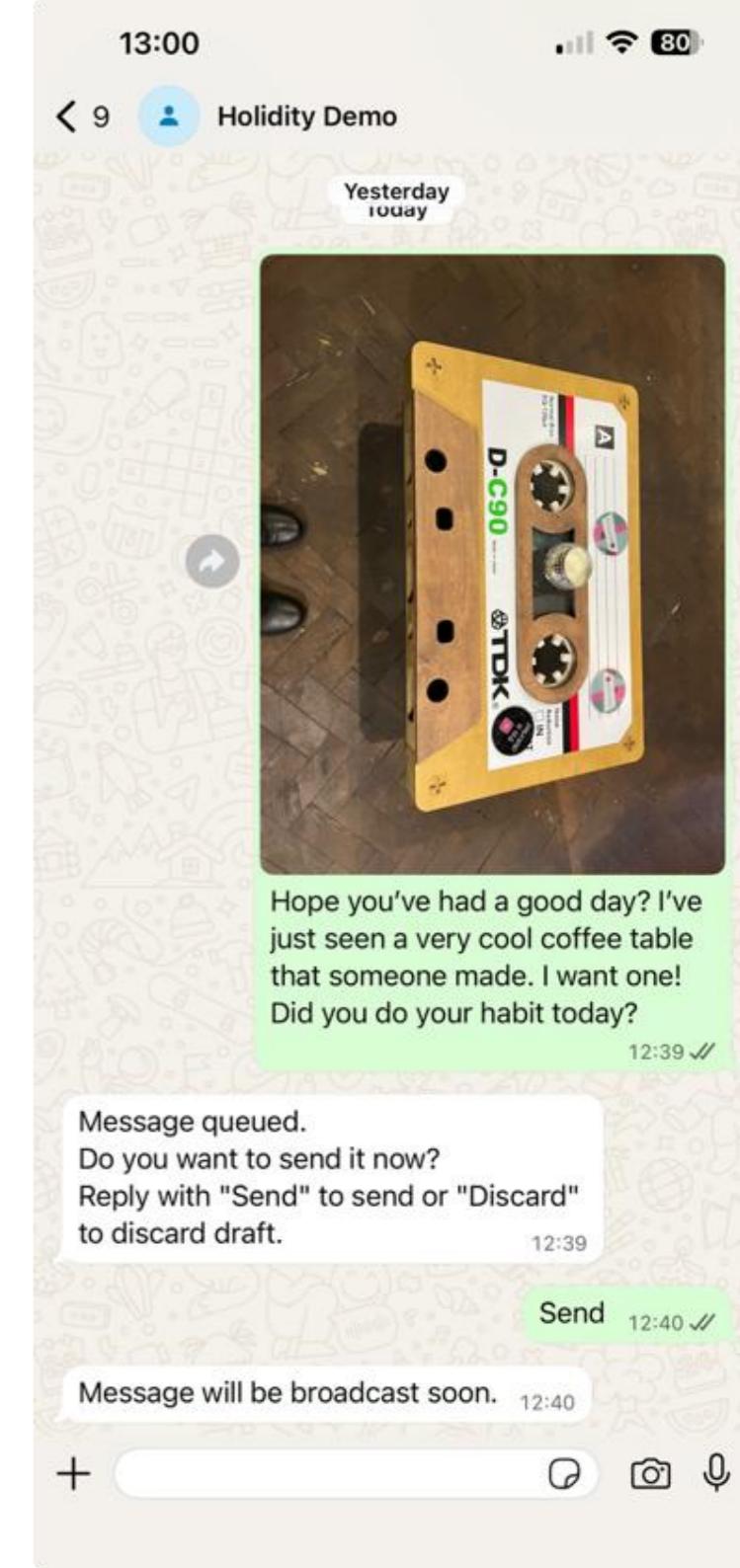
WEIGHT MANAGEMENT MADE EASIER

Holiday: [Holiday Intro Dr Julia Jones - Dec 2025 on Vimeo](#)

It's simple and human.

A basic daily check-in message from your coach in WhatsApp takes just a few seconds...

but has a very powerful effect.



WhatsApp = 98% Open Rate.

Our platform:

- Delivers the 1 x daily check-in message from your coach to each employee as a private individual WhatsApp chat
- Collects the employees' responses:
 - Thumbs Up – if they did their health habit that day
 - Heart – if they didn't but their heart's still in the mission
- Sends each employee a weekly check-in score
- Reports the engagement into the coach's dashboard

Holiday



The Habit Crisis.

Over 30 million people in the UK alone have attempted to form at least one healthy habit during their life.



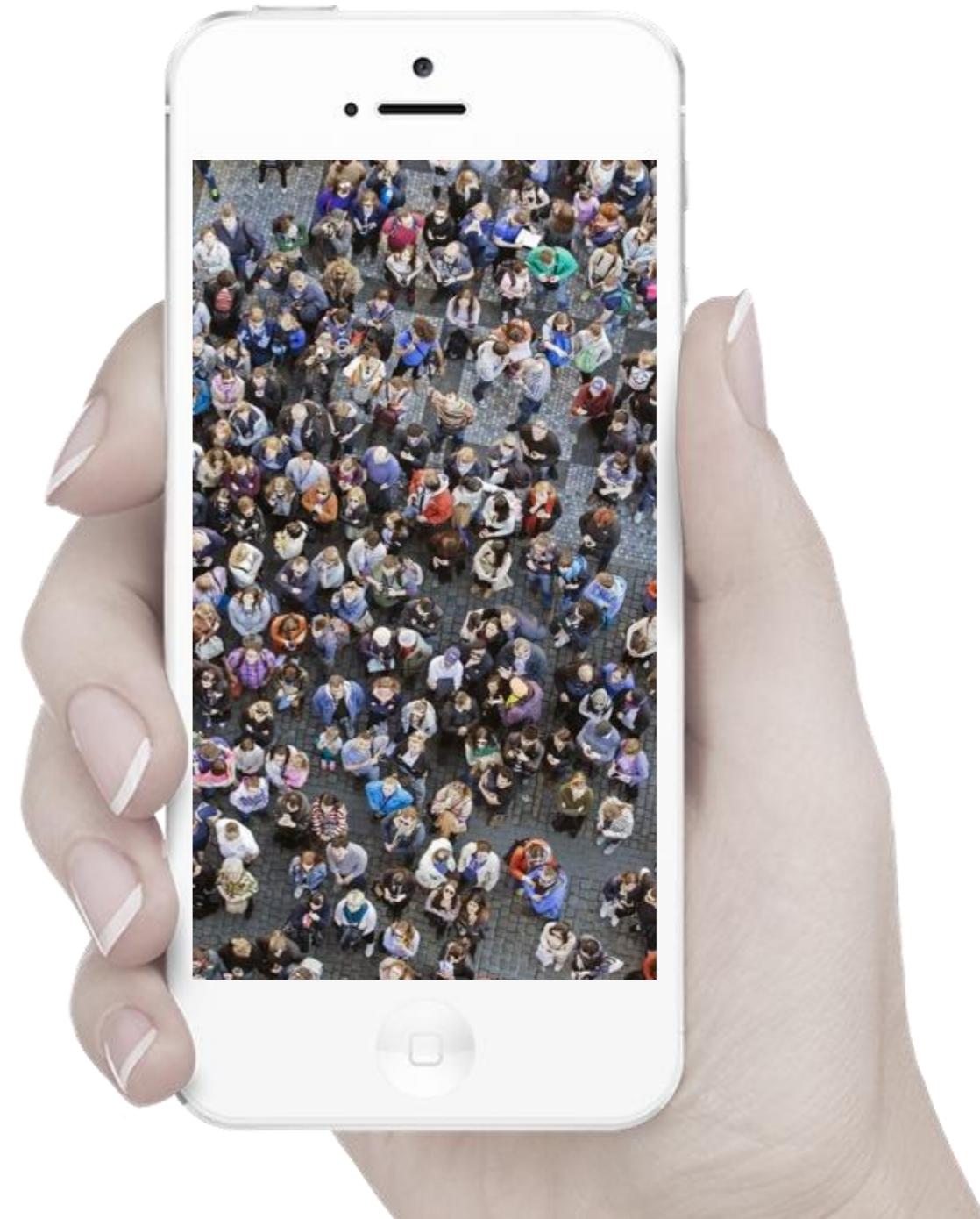
72% can't form healthy habits because they are too tired and lack motivation

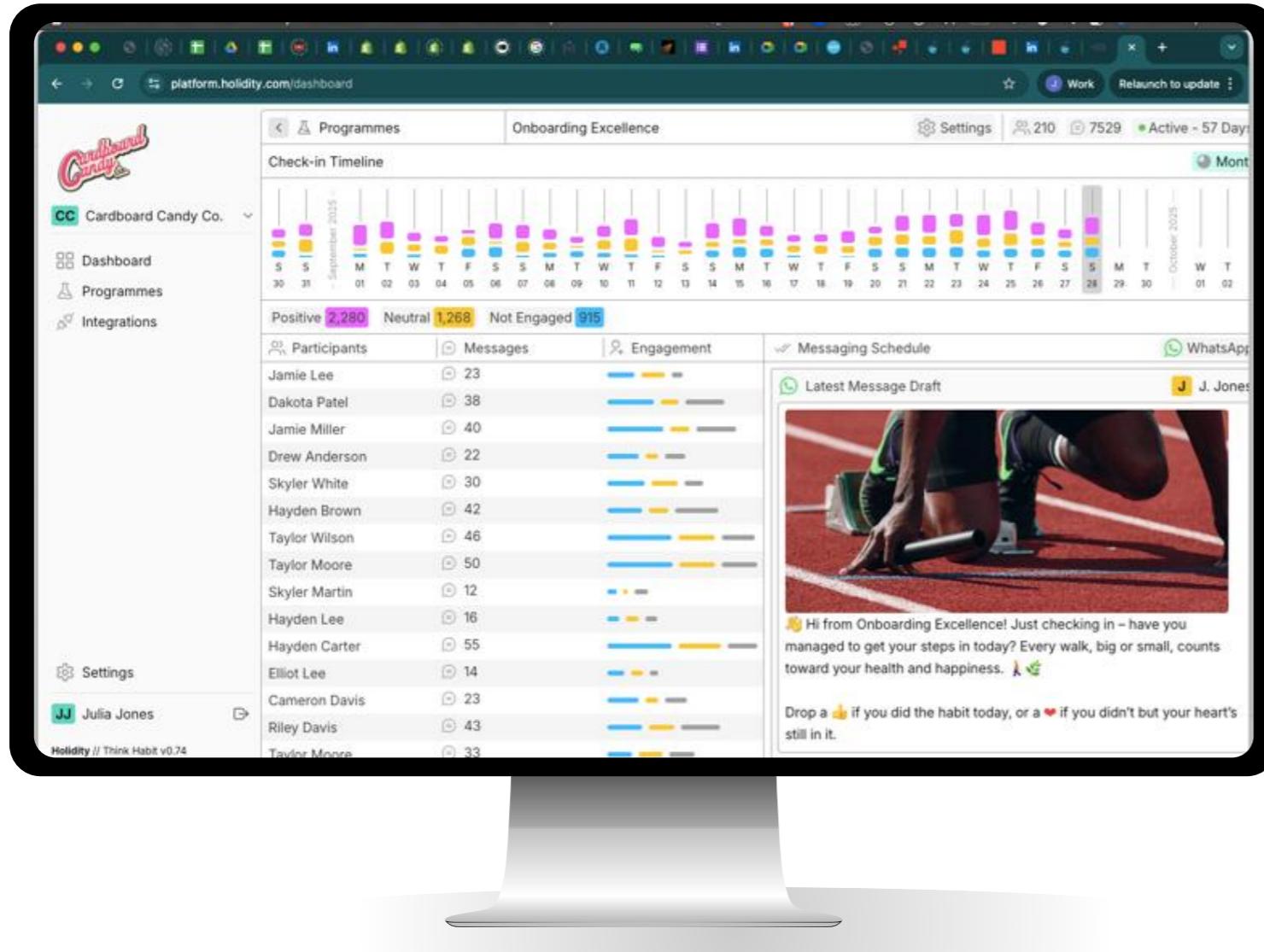


A human accountability partner can increase your likelihood of achieving your goal by up to 95%



Digital nudges simply don't have the same impact as human-sent nudges





The Platform

Simply effective for habit-change.

Set up your weight-loss programme
easily in minutes.

We successfully change habits!

We have cultivated growing respect and support during our R&D years.

The resulting new platform launches Oct 2025.



98%

Open Rate

70%

Habit Success!

7/10 users were still doing their chosen habit 1-year after using Holiday



Meet Julia

● *Dr Julia Jones*
FOUNDER & CEO

julia@holidity.com



Holidity

Join our
pilot now

From £9 p.e.p.m

David Lloyd
CLUBS

g the
gym
group

JOE
WICKS
THE BODY COACH



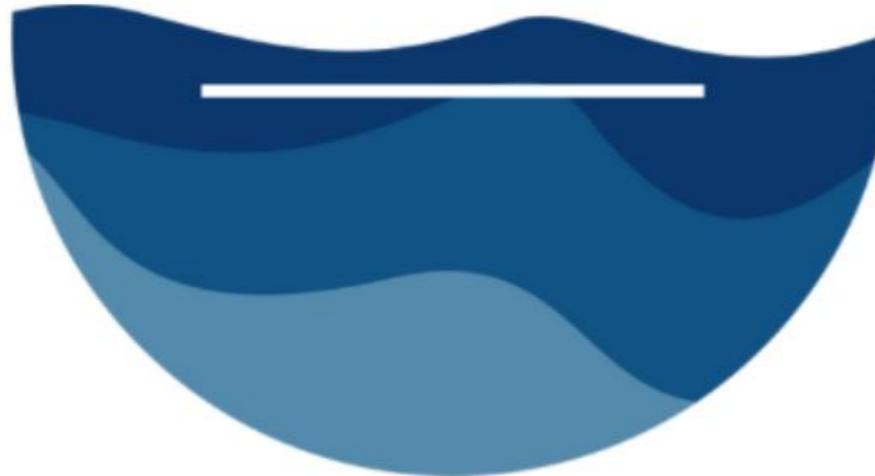
Sea Change: Nutrition & Coaching for a Healthy Offshore Lifestyle - Antonia Maguire



ANTONIA MAGUIRE
Natural Health, Nutrition & Reflexology

SEA CHANGE

HEALTHY LIVING FOR OFFSHORE WORKERS



Antonia Maguire

Nutritional Therapist & Health Coach

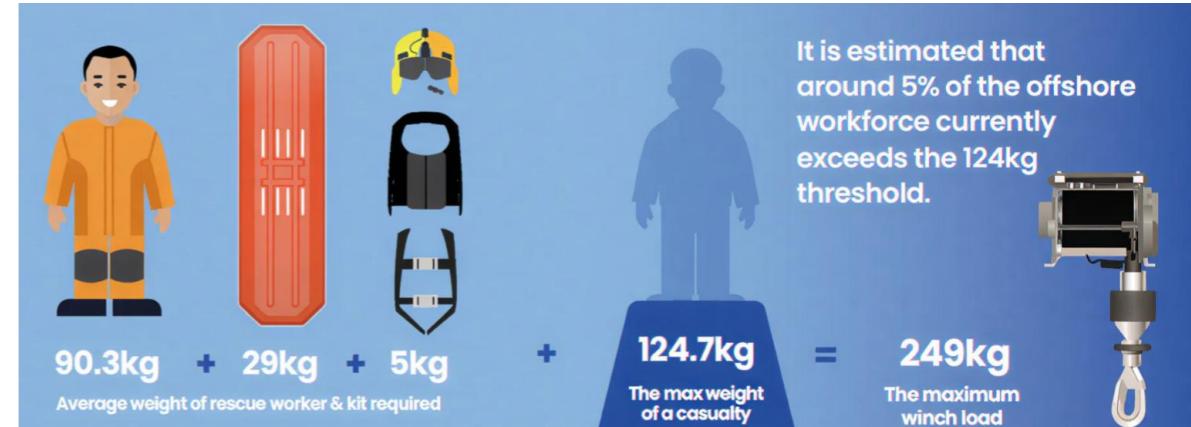
I have been working with a broad range of companies & sectors since 2003 on different aspects of workplace wellness, specifically with Nutrition since 2011. 1:1 clients, groups & families.

- I offer talks & webinars, pop-up clinics & usable content: healthy eating for energy & weight control, digestive & immune health, stress & mental health & healthy ageing
- I also deliver comprehensive **wellness programmes** throughout the year - utilising a combination of 1:1 nutrition coaching sessions & group support, from 10 days - 8 weeks, I find this combination is the best for **engagement & RESULTS!**
- And I work with a handpicked team of Health Coaches accredited by the PCI (NHS), different specialities eg Men's Health, Nutrition for Shift Workers (chrono-nutrition)
- Contact me for a free 30-minute call - www.antoniamaguire.com



The Facts...

2. STATS



- Ave weight of offshore workforce has increased by 10kgs since 2008, 5% are affected by new policy
- Clothed weight limit of 124.7kg maximum - just under 20 stone
- OEUUK - new policy - phased in from December through 2026
- Help & support options to reverse this trend - vital for health & safety on all levels

But offshore workers actually loose 2-3 kgs when working, regaining weight when at home

- So, what is the offshore routine like vs 'normal' home life with families?
- Stress, isolation, hard work, discipline vs home comforts, down time, family time etc
- Everyone has different challenges: likes/dislikes, strengths/weaknesses, appetites, fitness levels etc
- So, we must seek to help individual people for long term success - one size does not fit all!

Why Nutrition + Health Coaching for *weight loss*?

2. STATS

- Unwanted weight gain affects every aspect of life & work:
 - heart & cardio-vascular health, cholesterol levels, risk of stroke etc
 - type 2 diabetes
 - sleep & breathing
 - digestive complaints
 - self-esteem & mental health
 - fitness & energy levels; joint problems
- Nutrition is the science behind healthy eating
- Health Coaching is the *practice of healthy living*
- Nutrition Health Coaching - individuals devise & practice *habits that help them get & stay healthy*
- Emphasis on long term success, to avoid yo-yo dieting, due to 1:1 on-going coach support



How does it work?

2. STATS

- Coaches are trained to **listen & understand** a person's situation, through **their lens**
- Establish **why** the person wants change & **how** they will achieve it
- Help the client choose **healthy habits** they can build into their life
- And identify the **blind-spots** and barriers that might be holding them back
- Coaches provide **information, advice & on-going support, accountability**
- Many studies suggest that health coaching can lead to "**significant improvement for individuals seeking help with maintaining a healthy weight, lowering cholesterol levels, increasing essential nutrient intake & increasing fitness**"
- Empowering people to make easy, sustainable lifestyle changes that **WORK!**



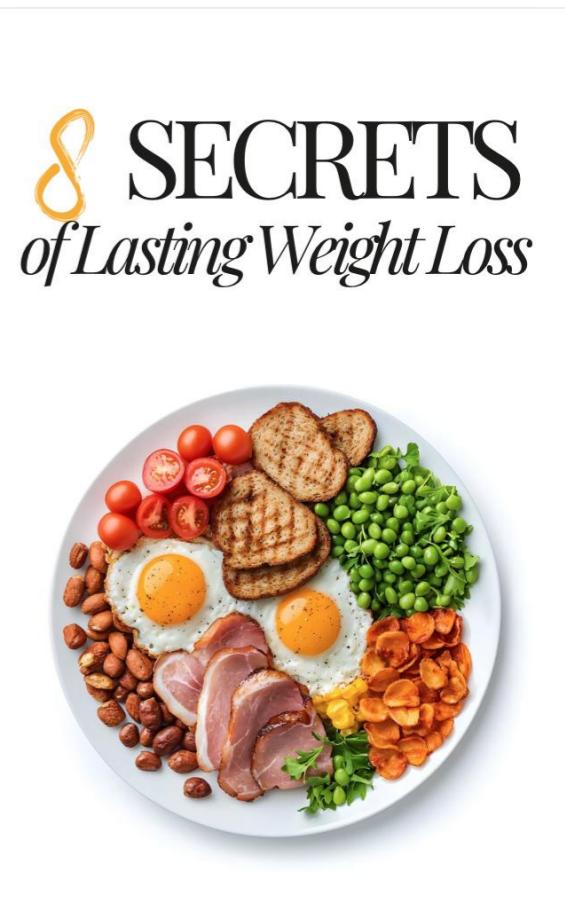
Sea Change: *Healthier Living in 3 Steps..*

Step 1:

1 HOUR TALK - 8 SECRETS of LASTING WEIGHT LOSS

Live or pre-recorded session covering:

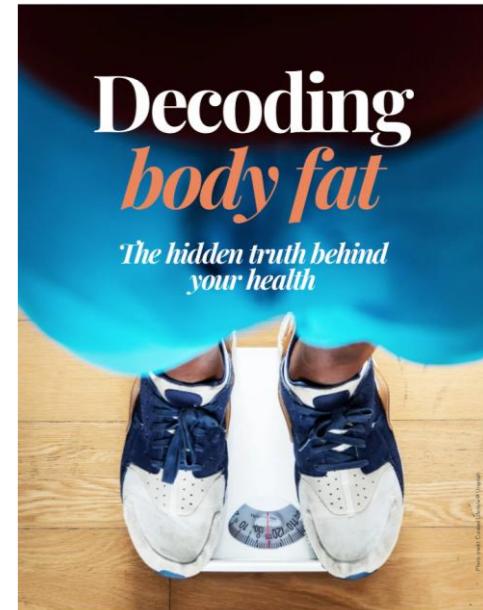
- Why we gain weight: blood sugar balance & insulin
- Healthy balanced diet, portion control
- Macro nutrients: protein, carbs + fats
- Micro nutrients: minerals, vitamins, antioxidants
- Fitness - increasing muscle, reducing adipose fat (VAT),
- Getting results, staying healthy, maintaining a healthy weight long term



Step 2:

8 WEEK GROUP & 1:1 HEALTH COACHING PROGRAMME

- up to 30 individuals per Health Coach can be on-boarded
- Metrics: health & energy questionnaire, test results, BP, body fat %age, BMI, weight, current diet etc
- What's App Group - delivering daily support, motivation & troubleshooting etc
- 4 hours each of 1:1 health coaching sessions - 30 mins weekly or 1 hr fortnightly - what's app video
- G.R.E.A.T structure - goals, reality, action etc. 4 pillars of health (nutrition, fitness, lifestyle & sleep)
- S.M.A.R.T - goals are sustainable, manageable, achievable, realistic, time bound
- Resources include: 8 Secrets webinar recording link, Decoding Body Fat e-book, food diary, healthy eating plans / recipes, tips for easy swaps, life-coaching tools & more
- Suggested: run 3 times a year: mid Jan - March, May - June, October - November





Step 3:

ON-GOING MAINTENANCE & SUPPORT for participants -

- monthly sessions to check-in, to reset goals
- see what's working and what's not
- friendly accountability is key on-going success - a coach who 'has your back' and understands your situation is extremely helpful for long term success
- 'pack' of sessions bought and used over a set period of time
- all participants are included on my monthly mailing list, offering free help and (seasonal) support





ANTONIA MAGUIRE
Natural Health, Nutrition & Reflexology

Antonia Maguire

Nutritional Therapist & Health Coach
antoniamaguire@zest4life.com

07779295086



“Antonia’s support and coaching with nutrition is wonderful. After a session I feel inspired and motivated . Her approach is analytical, mindful and creative when it comes to working out the nutrition requirements that support your lifestyle. Highly recommend.”

TAC Healthcare's Weight Loss Solution – Dr Stuart Scott

Weight Management Support for Offshore Workers

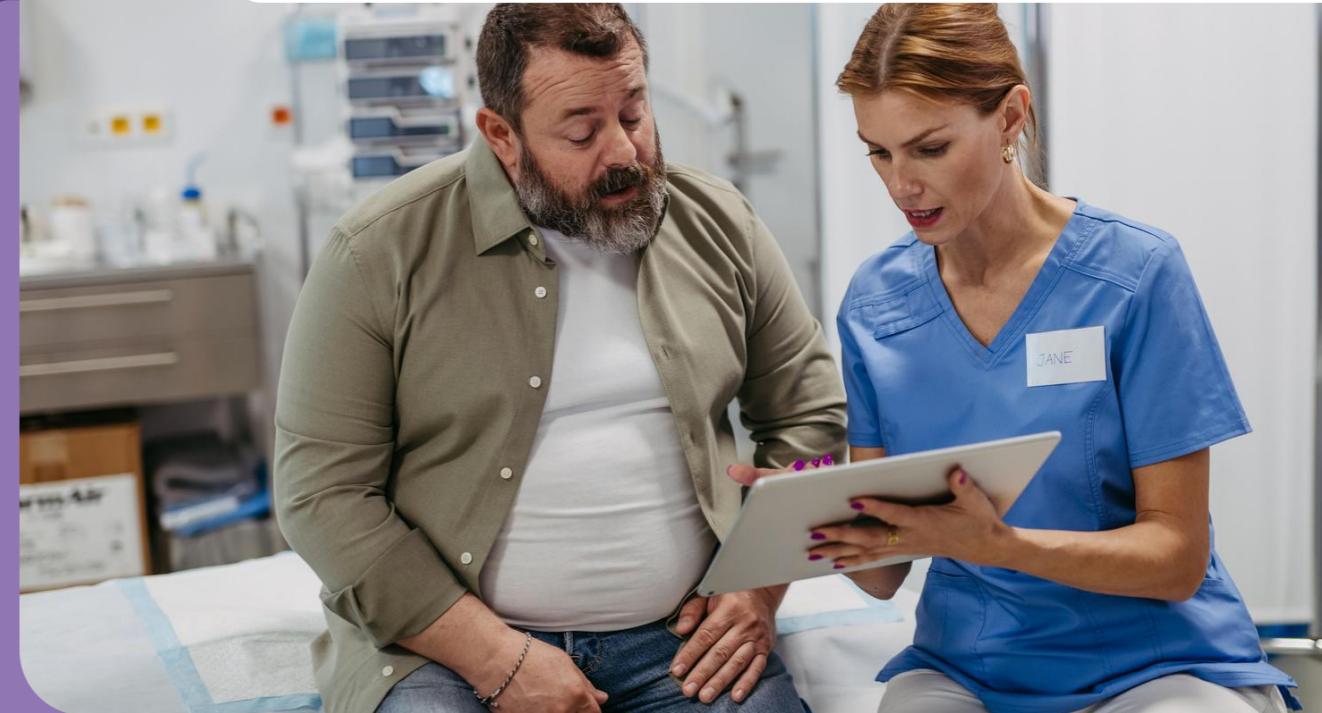
Presented by:



Dr Stuart Scott
CMO, TAC Healthcare

Making Healthcare *Better*

Supporting Workplace Health & Wellbeing



Nationwide Coverage

TAC Healthcare is headquartered at Wellheads Clinic in Dyce, Aberdeen, and supports organisations across the UK through a combination of in-clinic delivery and a national clinician network.

For weight loss support, Private GP Services provide fast access to GP-led care through secure video or phone appointments, available nationwide. Patients receive a clinical assessment, personalised guidance, and ongoing reviews - with prescriptions provided where clinically appropriate.

This programme supports employers and offshore personnel to prepare for the OEUK Safe Weight Limit Policy and the phased compliance timeline.



 TAC Healthcare Clinics

 Private GP Services



Personalised Support

To support each person safely, we use clothed weight category as a starting point, alongside health history, role demands, and offshore working pattern.

Support is flexible and personalised. People receive the input they need that is built around them. For example, MSK issues may need more physiotherapy input, dietary challenges may benefit from dietetic and behaviour-change support, and some individuals may require medical oversight and prescribed treatment where clinically appropriate.

The aim is to help individuals maintain offshore readiness and align with OEUK certification requirements and timelines.



OEUK Safe Weight Limit Policy: introduced 1 Nov 2025 (Mandatory from 1 Nov 2026) - 124kg clothed weight limit for outbound offshore travel.



Weight (Clothed*) *industry standard clothing policy is three layers	110-115kg	115-119.9kg	120-124kg	>124kg
	Standard certificate of up to 2 years duration, consistent with other conditions. Advise policy limit.	Standard certificate maximum duration 6 months. Advise policy limit.	Standard certificate maximum duration 3 months. Advise policy limit.	No certificate.

Flexible Support Options



Physiotherapy-Led Programme
Personalised exercise and mobility programmes from our expert physiotherapists, also including InBody assessments.



Dietician Support
Targeted dietetic advice from experienced professionals.



Health Screening & Blood Tests
Targeted screening and blood tests where appropriate, to support safe clinical decision-making.



OEUK Safe Weight Limit Policy: introduced 1 Nov 2025 (Mandatory from 1 Nov 2026) - 124kg clothed weight limit for outbound offshore travel.



Private GP Weight Loss Services
Clinical access to prescribed treatments such as Wegovy and Mounjaro, plus advanced medical support.



Nurse-Led Coaching
Nurse-led lifestyle, dietary and exercise coaching, with InBody assessment.



Psychotherapy Support
Support to break unhelpful habits and maintain lifestyle change, focusing on motivation, routines, and long-term progress.





iOH

Data Snapshot



All Customers

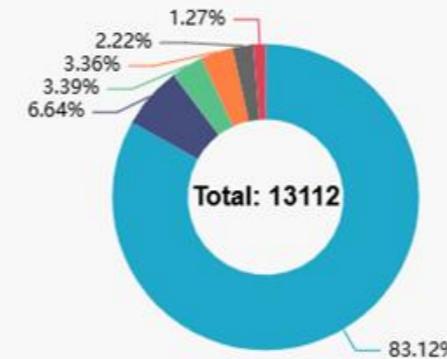
Data source:
iOH (TAC Healthcare's
Integrated Occupational
Health Portal)



Integrated Occupational
Health Portal

Weight Clothed

Less than 110Kg No Weight mentioned Over 124Kg 110Kg - 114.9Kg 115Kg - 119.9Kg 120Kg - 123.9Kg All Inv



Weight Parameter	Numbers	Percentage
Over 124Kg	444	3.39%
120Kg-123.9Kg	167	1.27%
115Kg-119.9Kg	291	2.22%
110Kg-114.9Kg	440	3.36%
Less than 110Kg	10899	83.12%
No weight recorded	871	6.64%
Total	13112	

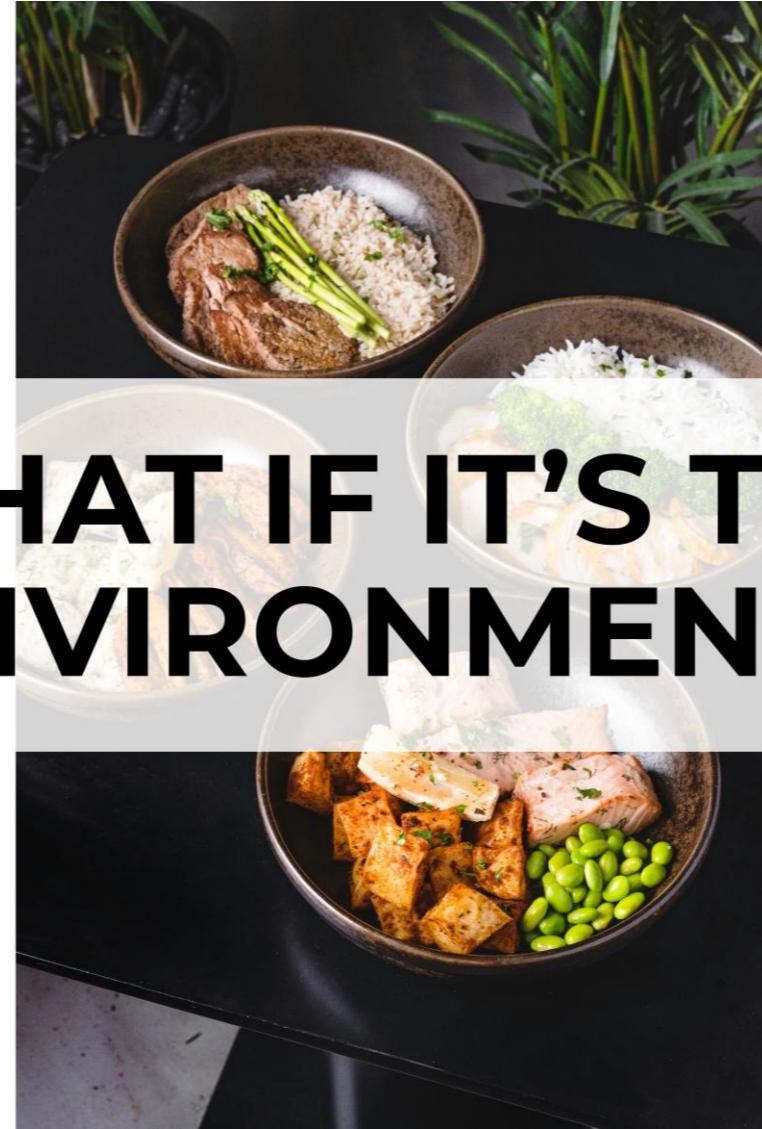


TAC
Healthcare

Thank You!

<http://www.tachealthcare.com/weight-management-support-for-offshore-workers>

It's not a lack of willpower, it's the environment-
Eva Humphries



WHAT IF IT'S THE ENVIRONMENT?

by Eva Humphries, MSc, DipION, mBANT, CNHC

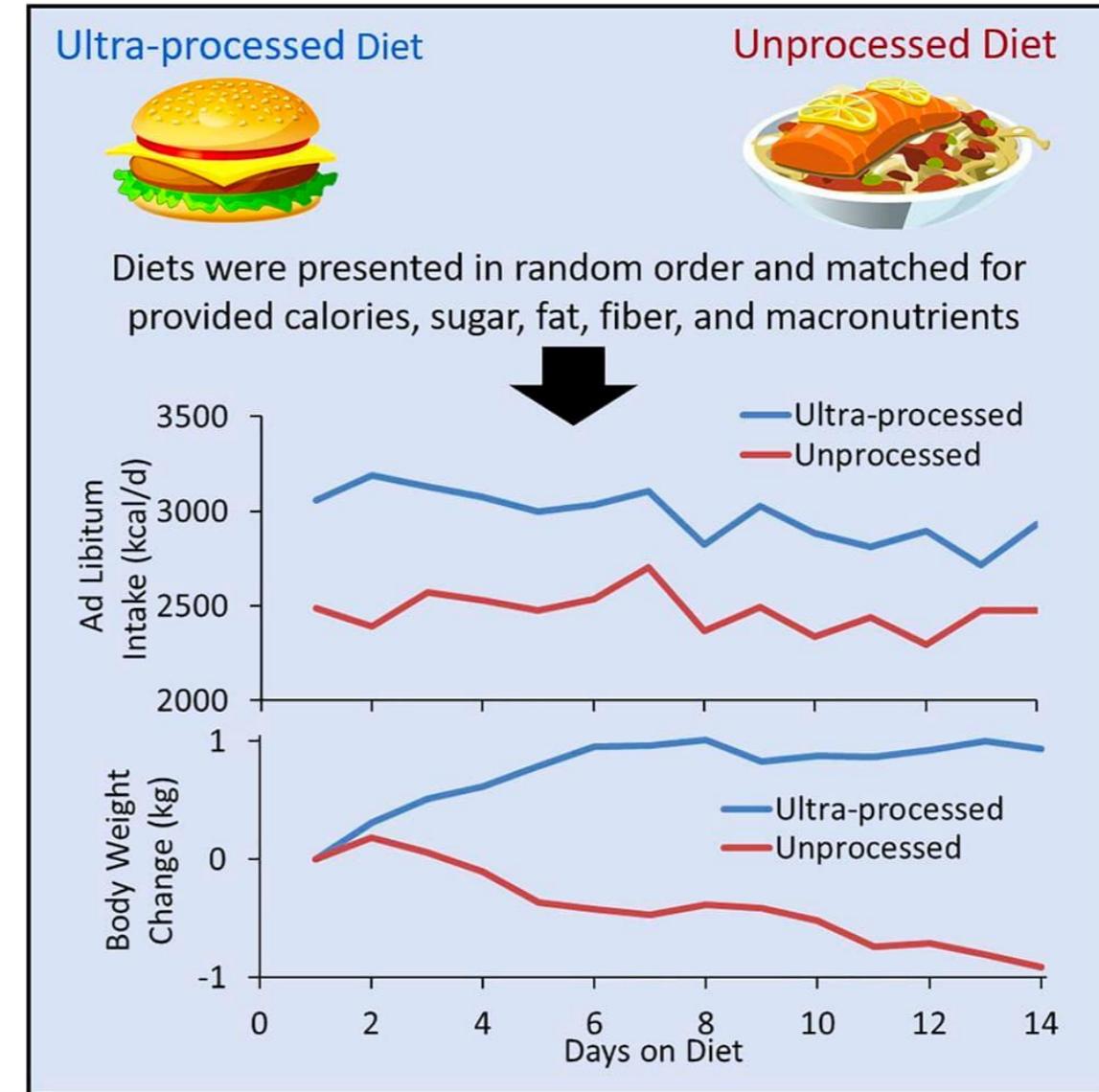
The “Crack Mice” Story



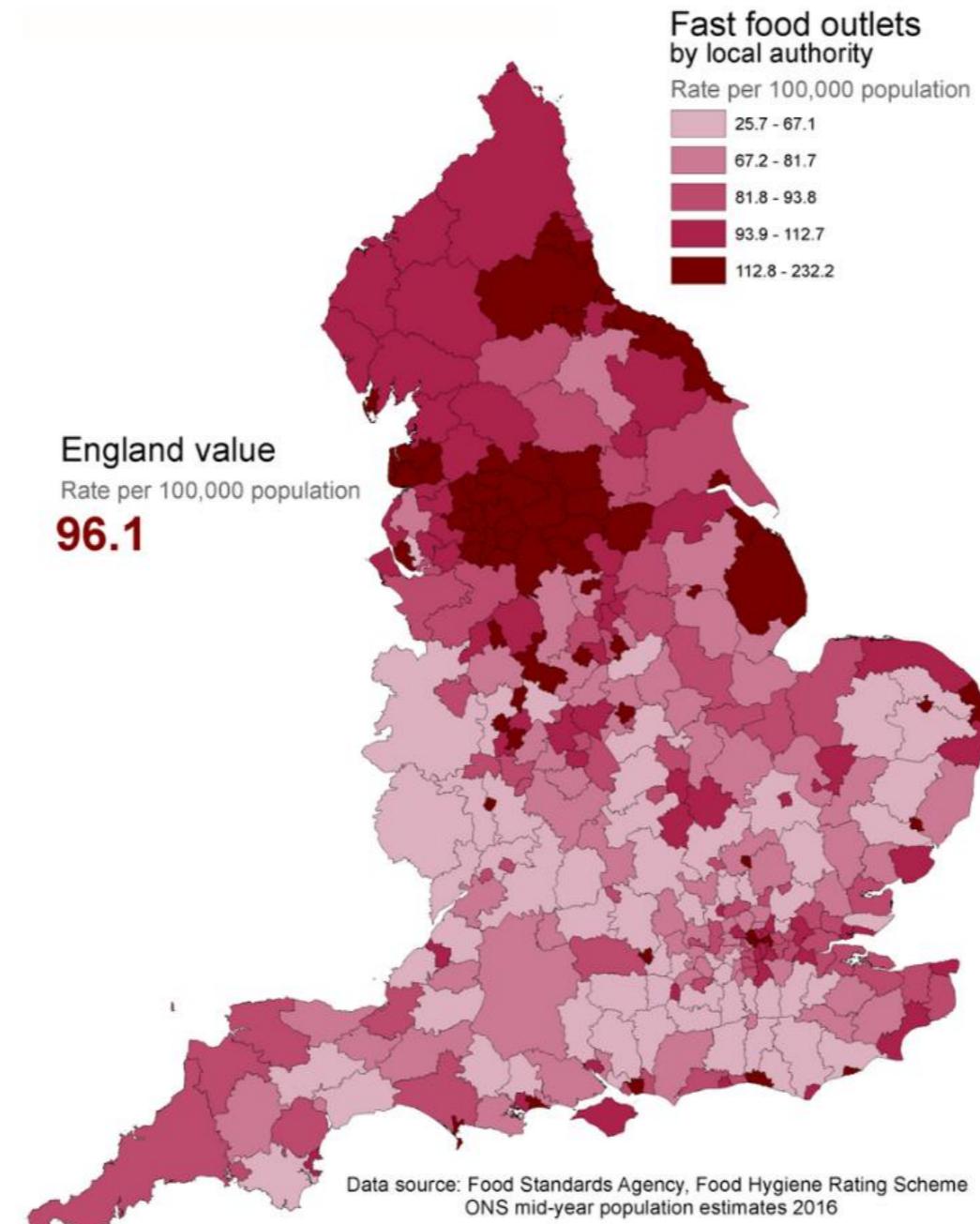
Calories in vs calories out is misleading

BMJ study & 1 small RCT concluded:

- ultra-processed = overeating & weight gain
whole foods = the opposite



What we learnt from 'food swamps'



What “perfect” looks like



Image credit: Alliance for Natural Health

Practical examples exist





Summary:

2 key aspects to consider
on and off the rig

- food/ health
environment
- food quality

Questions?

Web: www.wholefoodwarrior.co.uk

LinkedIn: Eva Humphries

Instagram: @wholefoodwarrior



Fit2Fly - Georgina Howden - Healthoutfit

Fit2Fly

Georgina Howden
Wellness & Lifestyle Manager

healthoutfit





When someone steps on a scale and it shows they've lost 5kg,
should we be celebrating?

Precision measurement

healthoutfit



Caloric expenditure

- Deficit calculation to meet goal
- Energy balance matched to activity level
- Maximum calorie intake

Body shape analysis

- Determine risk level for disease using waist circumstances and waist-to-hip ratio

Body fat analysis

- Determine body composition and non-fat vs fat mass
- Compare levels with averages and see how you rank



Risk analysis and reduction

- View and track anthropometric measurements, subcutaneous fat changes, across multiple scans.
- Calculate increase likelihood of obesity related diseases
- Interactive calculator shows how reduction in these measurements can reduce risk



Fat loss calculator

- Set fat loss goals for body fat % and fitness levels, and track progress

Results from our offshore pilot

healthoutfit

Our approach for Fit2Fly was first tested onshore and then offered to offshore workers. Of the initial group of participants:



100% completed the 6-week programme



Participant age range: 46-62



Gender split: 80% male, 20% female



Highest individual weight loss recorded at 13.62 lbs (6.2kg)

Average weight loss 11.26 lbs (5.12 kg)



Average centimetres lost on waist: 2.46 inches (6.25cm)

Average centimetres lost on hips: 1.58 inches (4.00cm)

Note: The results for any participant using GLP-1 injections were excluded from the above. Our role isn't to judge which approach someone takes.

We work alongside GPs, occupational health teams, and medical providers to support better long-term outcomes.

Programme overview

Built on our successes from several weight management programmes during 2025, Fit2Fly is now a **6-month programme to support weight loss *and* maintenance**. This is essential to help participants make sustainable, long-term changes to their lifestyle and eating habits.

Quick look:

Foundation & Mindset - goal setting, measurements, food diary analysis, exercise basics, breakfast mastery

Building Momentum - lunch, dinner, eating out, snacking strategies

Deepening Habits - meal planning, exercise progression, portion control (Progress Scan)

Refinement - advanced skills in labels, meals, cooking methods, sleep

Lifestyle Integration - snacks, exercise variety, alcohol balance, family involvement

Maintenance Preparation - restaurant mastery, final scan, maintenance planning

healthoutfit

VISUALIZE FAT LOSS IN 3D.

Oct. 1

141 LBS
TOTAL WEIGHT

44 LBS
FAT MASS

31%
BODY FAT %

34.2 IN
WAIST

42.7 IN
HIP

24.5 IN
THIGH

2478 IN³
TORSO VOLUME



How it works

The programme is delivered in a group format (up to 10 people per group)

- 45 min weekly sessions (30 min presentation, 15 min Q&A)
- 10-15 min weekly individual check-ins
- Tailored physical activity programmes and nutrition guidance
- Access to Life Coach
- Additional chat support available via email and Healthoutfit app

Participants track their weight, along with waist and hip measurement (we created instructional videos to reduce risk of inaccurate measurements).

These measurements are an indication of the journey, and the 3D Body Scan in weeks 1, 13 and 24 provide irrefutable evidence of progress.



<https://healthoutfit.co.uk/offshore-health-solutions/>

Email georgie@healthoutfit.co.uk to book a discovery call for your company or visit www.healthoutfit.co.uk

What participants say about our programme

“ Had a wedding last week so wasn’t great for alcohol but I did still lose weight. I can’t believe how much I can eat when I load up my plate with veg, it’s great and it’s working wonders for controlling my diabetes.

“ Loads of good info. Relaxed and easy-going meetings, there was none of this ‘you must eat this’ and ‘you can’t do that’ which makes for a better programme.

“ I have learned some good practices to continue a healthier lifestyle. The handouts contain good simple information to assist in achieving goals.

“ This is great, my wife has commented on how much more energy I have and I have noticed a huge difference in my measurements, more than I expected for how much weight I had dropped. We are a pretty closeknit family and everyone in the family is on board with this so we are all doing it together.

“ My knee is no longer hurting me, I feel great and have way more energy.

“ I used to be an XXL but now fitting into a XL. When I am out walking I no longer get pains in my calf muscles, so don’t have to stop and rest anymore.

Wrap-up – Graham Skinner

To conclude.....

Thank you to all our speakers

Slides and contact details will be sent to all delegates shortly.

Join us today

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