



NUBIS AVIATION TRAINING
GIVING FUEL TO YOUR SKILLS

LETTER OF CONFORMITY AND QUALITY ASSURANCE

RE-FOCUS YOUR MIND

To whom it may concern,

Each session draws upon this professional experience, current practice and academic research into Fatigue countermeasures in Aviation as well as Intervention aiming to improve health-related behaviour among airline personnel (Buckley et al. 2015, Caldwell et al. 2009; van Drongelen et al. 2014).

Human beings are designed to move, yet we spend most of our time in sedentary environments, often with little stimulation. In turn, this can lead to poor physical and mental health. However, evidence shows that taking regular physical activity breaks can improve both physical health and mindfulness. After all, how can you fail to be mindful when exercising?

Based on the latest research into the benefits to mental health through physical activity and mindfulness, our 'Re-Focus Your Mind' online course allows aviation personnel the opportunity to follow short expert-led breaks to re-energise both body and mind. Each session can be completed in less than 5 minutes and includes strength, stretching and coordination exercises designed specifically for the requirements of the industry, be that management, flight & cabin crew, ground staff or maintenance management.

Signatory,

Claudio D Marturano
Managing Director