

## Healthy Body/Physical Activity:

### 1. Exercise sessions:

On-site group exercise sessions to suit all fitness levels and tailored to meet the needs of the company and the employees. On-site servicing reduces the effect of extended employee downtime.

**\$150 + GST per session (up to 20 people)**

### 2. Health Check (BIA): \$30 + GST per person (minimum of 15 people)

A non-invasive, advanced measure of body composition to determine how you currently measure up in relation to the recommended 'healthy' guidelines. No needles or blood samples required! Once completed, a personalised analysis and explanation will be provided to each employee.

### 3. Health Seminars: All \$25 + GST per person (minimum of 12 people)

#### Posture:

Is a presentation that educates staff on the importance of maintaining good posture and gives them practical tips to help them reduce discomfort and stiffness during the working day.

#### Office Exercises (Don't Just Sit There):

A practically based workshop for staff that shows them a range of simple exercises to do whilst they are at their desks. This advice will help to improve blood-flow and reduce tiredness, discomfort and stiffness during the working day.

## Healthy Eating

### Health Eating Presentation: \$25 + GST per person (minimum of 12 people)

Easy to understand information aimed at encouraging people to make healthier food choices. Plain, simple, easy advice that is beneficial for you and the whole family. Take-home resources include tips, recipes and snack ideas.



## Healthy Mind Seminars (PREVENTION IS BETTER THAN THE CURE!)

All \$25 + GST per person (minimum of 12 people)

### 1. Stress Management:

An informative workshop on stress, what it is and how it can affect you. The session also covers practical tips on how to deal with stress.

### 2. Stress Recognition for Organisational Leaders:

A workshop for organisational managers and leaders focused on identifying the five most common indicators of stress in employees and what you can do as a leader to keep stress manageable.

### 3. Motivation:

Helps staff to understand in simple terms, how we are motivated and can easily become de-motivated. The presentation offers practical advice on how to recognise what is happening and how to get yourself back on track.

### 4. Dealing With Grief:

We usually relate grieving as an important process we all go through following a major trauma or event. However, for many of us other more minor events can trigger the grieving process. This workshop educates staff on what grief is, how it can affect you and offers practical tips on how to cope with grief.

## Healthy Together

### Team Building: (Price TBC depending upon programme)

These fun sessions are designed to develop your culture, engender teamwork and provide group and individual sense of achievement, as well as promoting the health benefits of regular exercise. The sessions will challenge your body and mind, and can be tailored to meet the specific needs of your organisation

