

12 Week Corporate Health & Fitness Challenge

Why Corporate Health?

Dear Business Associate,

Thank you for the opportunity to discuss Function Well's 12 Week Corporate Health Program. Our health and wellness program has been designed to directly address the increasing lifestyle associated health problems in this country.

Did you know a study by Medibank private found that healthy employees are nearly 3 times more productive than employees with poor health, unhealthy employees take up to 9 times more sick leave and 70% of all Doctor visits are in some way lifestyle related.

Poor employee health is costing Australian business \$7 billion dollars annually. However a recent survey looked comprehensively at the overall economic effects of obesity and concluded the disease is costing us \$58.2 billion per year.

As you can see these numbers represent costs that effect the bottom line of every business, which is why providing employee health and wellness programs is more important than ever.

We have an attitude to health that is pharmaceutical and medical. We spend billions each year on treating chronic disease, without addressing the core problem. It is well documented that physical activity can dramatically reduce the risk of type 2 diabetes, stroke, heart disease, cancer, liver, kidney disease, depression and many more crippling diseases. It's clear that exercise is vital to wellness and health improvement.

Implementing a 12 week corporate health program is a wise investment giving your organisation a return on investment through improved productivity,

reduced staff turnover and reduced absenteeism making your organisation an employer of choice.

Function Well's 12 Week Corporate Health Program is our partnership with Brisbane businesses to answer the call for a comprehensive, cost-effective employee health and wellness program designed by leading health and fitness professionals. Our program is customised to meet the needs and budget of your company and employees.

Our aim is to help organisations and employees take ownership of their health by implementing healthy lifestyle choices which will have an impact on business performance and your bottom line.

If you would like more information on how Function Well's 12 Week Corporate Health Program can help your organisation I would be more than happy to come and discuss the program with you further at a time that is convenient for you.

Yours In Health and Fitness

Darren Bain – Director



12 Week Corporate Health & Fitness Challenge

Our Process: Provide awareness > Provide solutions > Provide change.

Challenge Overview



Because each organizations budget & employees needs are different you can tailor a plan with our help to suit your organisation. Which means some of the services included in the 12 week Corporate Health Challenge may not suit your organisation and budget so they can be taken out of the program if required.

The challenge can be set up in 2 ways

1. It is about self improvement which means at the end of the 12 weeks as an individual your health and fitness assessment has improved.

2. This option makes it a little more interesting and more of a team involvement - 2 teams competing against each other over the 12 weeks, the team with the biggest improvement wins the challenge.

The First Step

is to do a health and fitness appraisal of each staff member in the following areas:

■ Lifestyle Health Analysis

This is a health & lifestyle questionnaire to give us an overview of each staff members health & well being. This information helps us determine what are the key areas that need to be improved.

■ Girth Measurements

Girth measurements are recorded & provide a useful guide in evaluating body changes that occur as a result of exercise & as an indicator for certain health concerns like type 2 diabetes.

■ Body Weight

Bodyweight is recorded & used as an indicator for health related issues such as diabetes, cardiorespiratory problems and a great motivational tool!

■ Fitness And Strength Test

This is done so we can assess where each employees current fitness level is at. It allows us to plan the group training sessions effectively so we can get the best out of each employee at their current level.



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What's Included Over The 12 Weeks?

Each companies needs and budget vary, this is an example structure that works well. Together we can structure a program that best suits your organisation.

■ 2 Exclusive Group Sessions Per Week

- 2 Exclusive group sessions for your team in our purpose built group training room.

■ 12 Week Membership

- Unlimited use of the gym and group coaching sessions.

■ Corporate Health & Wellness Diary

- Including strength programs with pictures and explanations, nutrition and fitness articles including grocery shopping list with suggested meal options, recipes, correct work station positioning and much more.

■ Health & Wellness Seminars

■ Massage

Can also be included in the 12 week program. Massage utilises a variety of techniques that can enhance blood flow, enhance injury recovery and most importantly relieve stress. Therapists can come into your work place one day a week, fortnight or month to give back, head, neck and shoulder massages for your employees. Usually this is done for 5- 10mins at each employees workstation or we can set up a table up at a location of your choice in the office.

Function Well Personalised Health & Fitness Centre

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