



**PEAK PERFORMANCE**  
CORPORATE WORKSHOPS

# Corporate Fitness Programs

## We bring exercise to your workforce.

As a society we are becoming more and more sedentary as modern technology makes our lives easier. As this is happening our risk of disease is sky rocketing. Regular exercise is seen as one of the most important factors in the prevention of many diseases such as high blood pressure, heart disease, osteoporosis, stroke and some cancers.

### Would you like to have..

- The most time effective way of ensuring that your employees get regular exercise
- Healthier employees
- Reduced absenteeism/presenteeism
- Energized staff who can cope better with day to day stress
- A greater sense of camaraderie amongst your team

Exercising at work will not only ensure that more of your staff participate it will also encourage them to take the necessary breaks and return to work more energized and better able to cope with the day ahead.

### And for the individual....

Improved health awareness, Reduced risk of coronary disease, stroke, diabetes and hypertension, Better stress management, Increased satisfaction, Better ability to manage priorities and time, Behavior and habit modification, Improved strength, mobility, fitness and energy, Enhanced self-esteem, motivation and long-term happiness

## Choose a program to suit your company's needs.

**Outdoor group training** – Intense fun and popular, calisthenics on the move, taking advantage of the great outdoors, get away from the air conditioning for a great workout for all levels of fitness.

**Indoor/Outdoor Boxing program** – Great fun and very popular. Boxing teaches speed, power and coordination and is both an intense aerobic and anaerobic workout. Boxing workouts get the best cardio vascular workout against time. Again, great for all levels of fitness. Again great fun for both men and women.

**Pilates** – Low impact exercise that strengthens the back, abdominals and pelvis. This course should be a must for everyone from office worker sitting at a desk all day to manual worker constantly lifting things. Pilates has had a massive positive effect on many peoples lives.

**Yoga** – This course is great for assisting calm and focus, raising energy levels, increasing flexibility and strengthen, improve circulation and self awareness. Yoga is great for reducing stress and improving performance

**Combined programs** - The benefits of balance. Introduce an outdoor program and either Yoga or Pilates for maximum effect in your workplace.

**Tailor made programs** – We can tailor programs to suit your organisation. Let us know what you require and we will build a program to suit you and your workers needs.

### **What do you get?**

Boxing gloves for your workers to keep (No unhygienic sharing of other peoples gloves) and wraps hand wraps to protect the joints and fingers from injury.

Yoga mats. No lying on hard surfaces or on a towel. We give your workers top quality yoga mats to use and take home.

Healthier, fitter, more energetic employees, with a higher participation through convenience, company sponsorship and peer support. Staff better prepared to cope with increasingly rapid pace of work and access to quality health and fitness programs onsite.

'Definitely worthwhile! Our sessions with Joe Bonington have been fabulous and we could certainly see and feel the results. We use it as a great start to the day and what a start it is!' **Robyn Hayward Finance Manager Foxtel**

**Contact us for more information on individual programs either by email or ring 02 9400 2561**