

Employee Excellence Program - 12 week breakdown.

2 x Health Seminars (group) Topics Covered:

- ❖ Lifestyle Risk factors
- ❖ Nutrition
- ❖ Obesity
- ❖ Smoking
- ❖ Alcohol
- ❖ Heart Disease
- ❖ Cancer
- ❖ Liver Disease
- ❖ Dementia
- ❖ Stress
- ❖ Sedentary Lifestyle
- ❖ Postural Health

3 x Motivational / Personal Development Seminars (group) Topics Covered:

- ❖ Decision to Change
- ❖ Reasons for Change
- ❖ Power of Self-Talk
- ❖ How to Set & Attain Life Goals
- ❖ My Choice, My Life

2 x Personalised (one / one) goal setting sessions

3 x Fitness Evaluations

3 x Health Evaluations

2 x Personalised Exercise Prescription Sessions: designed to address the individual health & fitness needs of each participant. Sessions Include:

- ❖ Cardiovascular 'zone' Training
- ❖ Resistance Strength Training
- ❖ Core Stability Training
- ❖ Postural Health
- ❖ Flexibility

2 x Personalised Nutrition Analysis and Eating Plan: designed to address issues of under nutrition / malnutrition / over nutrition / energy levels / intake / expenditure etc.

Inclusive in the 12 week program - each participant will be issued with a fit ball, Pedometer, *Strong to the Core* and *The Chemical Maze* books. Corporate F.A.M.E Australia supply these at an additional wholesale charge.

In reference to 'slide-back' concerns post-program, we wish to advise that our team can offer post-program support on a weekly / monthly basis.

Should you have any further queries / requests please don't hesitate to contact us by email: theteam@corporatefame.com.au or telephone: (07) 5474 2670.

We look forward to hearing from you.

Kind regards,

Lee Berrill
Director

