



FIT FOR LIFE™

It's an alarming reality that many Australians are on the path to disease. Our modern lifestyles are greatly impacting our health and wellbeing, but it doesn't need to be this way.

The good news is that the majority of chronic diseases are preventable by making smart lifestyle choices.

With the average Australian full time employee spending almost 40 hours per week at the workplace, the importance of providing a safe and healthy work environment is not only our responsibility as an employer, it makes good business sense too!

What path are your people on? Here's how Australians measure up...

- 12% are regular smokers
- 20% are affected by stress
- 20% consume alcohol at high risk
- 35% don't get adequate sleep
- Only 48% are sufficiently active
- Only 10% eat enough vegetables



Fit for Life is a 8-12 week workplace campaign, designed to support individuals as they work toward their personal health and lifestyle goals.

WFR's Exercise Physiologists design a bespoke campaign for each workplace - kicking off with an initial goal setting session with each participant. A calendar of activities is agreed and delivered across the campaign period, providing important education and support for those committed to building healthier lifestyle habits.



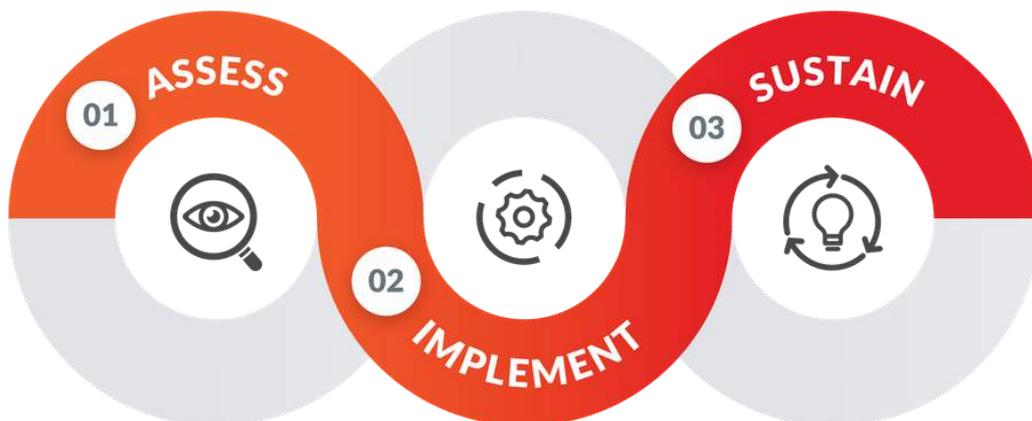
Fit for Life was the motivation I needed to start shedding the kilos I had gained over many years. Through dietary changes, more targeted exercise and heaps of encouragement, I surpassed my initial weight loss goal of losing 6kg in 12 weeks. Since finishing, i'm leading a more healthy lifestyle and have continued to lose weight



- Participant in Newmont Goldcorp Australia's 'Fit for Life' Campaign

OUR APPROACH

Over our 2+ decades in business, we've refined the way we work with our clients to get the best outcomes from our solutions. Our approach ensures that we understand the specific needs of your organisation and implement a solution that gets lasting results.





WHAT CAN YOU EXPECT?



ASSESS

+ OPTIONAL: Many organisations take a benchmark of their people's health and wellbeing before Fit for Life kicks off so they can accurately assess the impact of the campaign. **Health 100** is an ideal starting point as it not only provides a useful snapshot of the workgroup, but also for each participant - allowing for more meaningful goal setting sessions when the program kicks off. See page 5 for more details.



IMPLEMENT

WFR's Project Team works with you to design an 8-12-week program for your workplace – including a campaign calendar and internal communication and program promotion process.

An initial goal setting session between each participant and a qualified WFR Exercise Physiologist kicks off the campaign. During this session, meaningful goals are developed and an individual plan created.

Throughout the campaign, WFR's Exercise Physiologist will deliver each element in the **Fit for Life** campaign calendar and ensure your people remain motivated and engaged. There will be individual coaching sessions as well as group nutrition, fitness, wellbeing education and training sessions.

Finally, the campaign concludes with a presentation and gathering with all participants. The session is used to acknowledge people's efforts in achieving their short term goals and discuss strategies to meet their long-term goals.



SUSTAIN

The guidance and coaching provided over the Fit for Life campaign period typically results in participants being educated on how to improve and then sustain healthy lifestyle habits well beyond the campaign period.

+ OPTIONAL: For organisations that kicked off with a **Health 100** assessment, a reassessment is recommended after approximately 6 months to measure the impact of the campaign for both individuals and the workgroup collectively. See page 5 for more details.



WHAT ARE THE BENEFITS?

- Individuals walk away with a greater understanding of their current health and an action plan to follow
- The challenge increases morale and encourages friendly competition in the workplace
- Education and coaching throughout the campaign helps the program to be self-sustaining
- Increasing the overall health and wellbeing of your workforce has a profound impact on your business' bottom line. Healthy people = healthy business!

WANT TO CREATE A HEALTHIER WORKPLACE?

Get in touch for more information:
ENQUIRIES@WORKSITE.COM.AU

TRY ADDING ONE OF THESE...

Fit for Life is just part of our **Boosting Employee Health** offering. It's often complemented with:



HEALTH 100

Health 100 increases employee awareness of their own health, fitness and lifestyle status by providing advice, information and tools on how to improve or maintain their health. The program assesses individuals across nine health categories and provides the individual with a detailed, confidential report – including a health risk rating score (out of 100).

This is also a powerful tool for organisations, who are provided with collated group data in the form of a **Group Health Report**.



HEALTH EDUCATION

WFR are able to deliver a broad range of health, lifestyle and wellness information to employee groups via **Health Presentations**. Each health topic package includes a presentation, information brochures and promotional posters. Presentation topics focus on chronic disease awareness, nutrition, fitness, lifestyle and OHS.

Or any of our solutions for that matter...

Our experience over the last two decades has shown us that the most effective health and wellness strategies are designed to deliver four outcomes:



All of WFR's solutions are designed so they can be run independently as a short-term campaign or can work together to form a comprehensive health and wellness approach that we like to call this our **Healthy Lifestyle Program™**.

Whether your workforce is 20 or 20,000, we can design an approach to meet your strategic needs.

Get in touch for more information:

ENQUIRIES@WORKSITE.COM.AU