

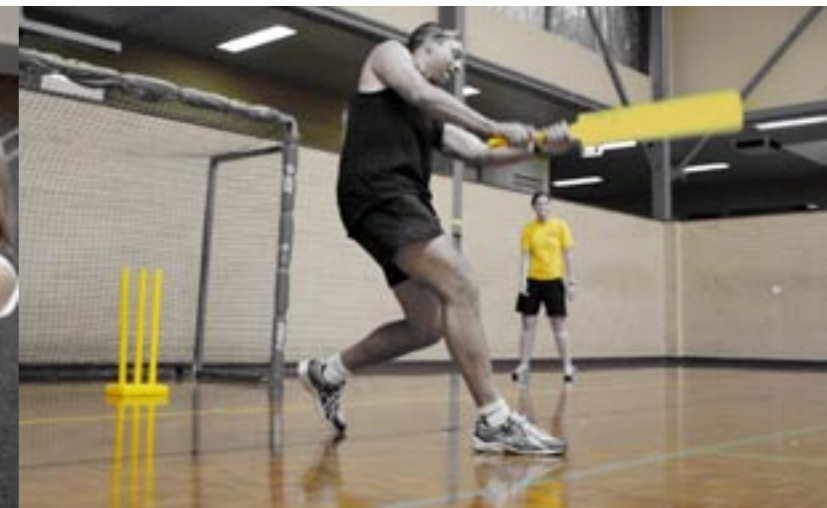
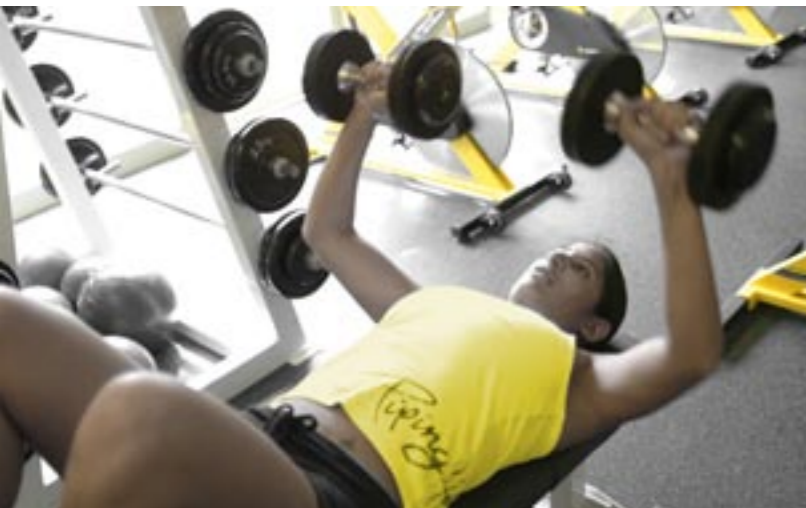


CORPORATE HEALTH



TRENCH
HEALTH AND FITNESS





CORPORATE HEALTH FACTS

CORPORATE HEALTH SPECIALISTS

HEALTHSTART PROGRAM

HEALTHSTART IMPLEMENTATION

Companies today are becoming increasingly aware that the physical health and mental wellbeing of their employees has a significant impact on their overall success.

By investing in their most valuable asset, their employees, companies can achieve substantial economic benefits and gain significant competitive advantage.

Results show that employees living a healthy and active lifestyle enjoy increased energy, concentration and motivation in the workplace.

They are less prone to illness and injury, are better equipped to cope with stress and accommodate change.

Why invest in Corporate Health?

- 20% reduction in absenteeism
- Reduced sick leave, lost and unproductive hours
- Improved workplace relations and staff morale
- Increased performance and productivity
- Improved workplace safety
- Reduced injury rehabilitation and healthcare costs
- Increased profitability
- Employer of choice status
- Recruitment and retention of high caliber staff

Trench Health and Fitness has been providing comprehensive corporate health assessment and promotion programs since 1995, building an enviable reputation as one of WA's leading corporate health providers.

As the Managing Director of Trench Health and Fitness, Peter Trench received a 2006 40under40 Award in recognition of his business leadership and commercial achievement in WA.



Corporate Health Clients

- BHP Billiton
- Department of Sport and Recreation
- Woodside Energy
- Rio Tinto
- Lotterywest
- ALCOA
- Equigold
- Gold Fields Australia
- LionOre Australia
- Minara Resources
- Coca Cola Amatil
- Hamersley Iron
- PPB Chartered Accountants
- Dampier Port Upgrade
- MGI Bridge & Partners
- Alinta
- Tiwest

Trench Health and Fitness expertly develops tailor made health & wellbeing programs to suit any company's objectives. The HealthStart Program is a comprehensive health management and promotion program which aims to educate, motivate and guide an organisation's workforce to optimal health and fitness.

HealthStart Concept

- Trench Health & Fitness identifies your organisation's specific health & fitness goals
- Individual employee health assessments are conducted to ascertain health trends and areas needing improvement
- A personalised HealthStart Program is formulated for fast and effective integration into your organisation
- A Corporate Health Coordinator is appointed to implement and monitor your HealthStart Program

HealthStart Options

Depending on your company's health & fitness objectives, Trench Health & Fitness will customise a program incorporating;

- Health & Lifestyle Assessments - blood pressure, cholesterol, glucose & girth measurement analysis
- Fitness Promotion Programs
- Weight Management Programs
- Health Expos - interactive exhibitions of various health related concepts & services
- Seminars, Workshops & Awareness Campaigns - educational sessions on pertinent topics such as nutrition and injury prevention
- Sporting and Recreational Events - activities to strengthen teamwork and boost morale
- Rehabilitation and Prevention Programs - aimed at reducing workplace injury
- Statistical reporting, health trends analysis and intervention programs
- Equipment maintenance, safety auditing and facility housekeeping
- Health Specialist Services

Implementation of your HealthStart Program may vary from;

- One-on-One sessions; to
- Group sessions; or
- A combination of both

Delivery Options

- Onsite utilising your company's existing facilities;
- Offsite with provision of equipment;
- At Trench Health and Fitness' gym facilities; or
- In-house for regional or remote sites

HealthStart Complementary Specialists

Trench Health and Fitness works in conjunction with an established network of qualified Health Specialists whose services can be integrated into your HealthStart Program as required. Health Specialist services include but are not limited to;

- Physiotherapists
- Dietitians
- Podiatrists
- Masseurs
- Chiropractors
- Exercise physiologists
- Reflexologists
- Naturopaths
- Meditation

COMPANIES HAVE ESTIMATED THAT FOR EVERY DOLLAR INVESTED IN A CORPORATE HEALTH PROGRAM, RETURNS OF BETWEEN THREE TO TEN DOLLARS ARE ACHIEVED.

GIVE YOUR WORKFORCE A HEALTHSTART AND GET A HEADSTART ON THE COMPETITION

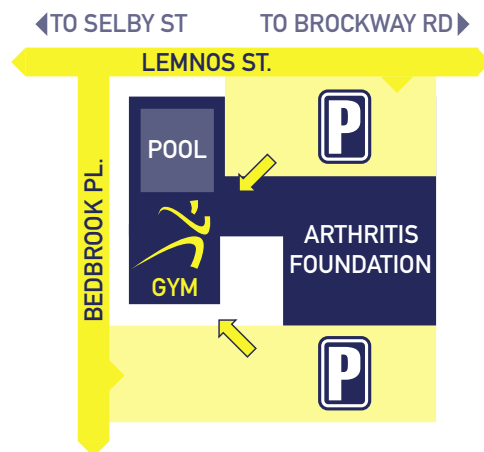


VALUE ADDED SERVICE

Investment in a Trench Health & Fitness HealthStart Program includes access to other valuable services such as;

- Trench Health and Fitness' state of the art gym facilities
- Personal training sessions
- Circuit training
- Group cross training
- Triathlon coaching
- "Building Bones" - osteoporosis program
- "Belly Blasters" - fat and waist loss program

LOCATION MAP



Gym Hours: Monday-Thursday 6am – 8pm. Friday 6am – 2pm. Saturday 8am – 12pm. Sunday Closed.



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