



HEALTHY HEART CHECKS

Healthy Heart Checks from Trench Health and Fitness are a range of health and lifestyle assessments designed to evaluate and minimise an individual's risk of developing cardiovascular disease.

Facing Facts

It's a fact - cardiovascular disease is the largest single cause of death in Australia, accounting for 34% and 39% of male and female deaths, respectively. (National Heart Foundation of Australia, July 2007).

According to Australian Institute of Health and Welfare, the economic burden on Australian business is set to rise, with 90% of adults exhibiting at least one modifiable risk factor and 25% having an astonishing three or more risk factors.

The Path to Prevention

As early intervention is crucial in the fight against cardiovascular disease, organisations are now taking preventative measures. It's a simple equation - minimise employee risk factors, maximise workplace productivity.

To kick-start the process, Trench Health and Fitness offer three Healthy Heart Checks, varying in length and complexity;

Snapshot - health and lifestyle review

Analysis - Snapshot, with full pathology testing

Lifestyle Assessment - comprehensive health, physiological and pathology evaluation

Each Healthy Heart Check follows a simple three-step process;

Raise Awareness - employees are educated about cardiovascular disease, who's at risk and why, and how it can be prevented

Assess Health - individuals participate in a range of tests, including blood pressure, cholesterol, pathology, lifestyle questionnaires and physical examination

Identify Risk - face-to-face interviews are conducted, with the provision of a detailed evidence-based risk profile and suggested lifestyle changes

With the organisation's health trends clearly mapped out, Trench Health and Fitness can tailor a program, incorporating educational seminars, exercise sessions and one-on-one lifestyle counseling, to take you the rest of the journey.



▶▶ GETTING STARTED

For detailed information on the complete range of Healthy Heart Assessments and complementary Healthy Heart program, talk to Trench Health and Fitness and follow the path to a healthier heart.

Other corporate health and wellbeing programs you may wish to consider are;

- ▶ **Workplace Health Expos**
- ▶ **E-Health**