



WORKPLACE HEALTH EXPOS

A **Workplace Health Expo** from Trench Health and Fitness provides a unique opportunity for organisations to introduce and educate employees on a broad range of health-related services.

Combating Stress

With 53% of Australian workers feeling constantly overwhelmed by stress, Australian business is absorbing the impact with stress-related claims costing over \$200 million annually, according to a recent Medibank Private study.

Workplace Health Expos aim to alleviate this burden, by encouraging employees to take a proactive role in managing their health and wellbeing. Through exposure to and ongoing participation in a variety of specialist health services, a healthy workplace culture is quickly established.

Specialist Attention

Trench Health and Fitness can tailor an expo to reflect your identified objectives, as well as your budget, from the comprehensive range of specialist health services available;

- Physiotherapy** – posture and ergonomic appraisal
- Cholesterol and Blood Pressure** – testing and risk analysis
- Iridology** – iris diagnosis
- Fitness** – upper and lower body fitness assessment
- Foot Reflexology** – identification of body imbalances
- Naturopathy** – natural alternatives for illness prevention
- Massage Therapy** – remedial head, neck and shoulder massage
- Podiatry** – feet assessment and gait analysis
- Body Composition** – body fat evaluation
- Yoga & Pilates** – introduction to basic techniques

Conducted onsite over a two to three hour period, Workplace Health Expos are designed for convenience and flexibility, ensuring optimum participation.

Managed by Trench Health and Fitness' team of highly qualified exercise physiologists and affiliated health professionals, each stand offers one-on-one assessment and personalised advice.

Employees receive a 'Results and Information Booklet' containing a record of their individual assessments, as well as recommendations for a healthier lifestyle.



▶▶ GETTING STARTED

To begin reducing stress-related incidence in your organisation and start improving workplace performance, contact Trench Health and Fitness to tailor a Workplace Health Expo.

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

- ▶ **Healthy Heart Checks**
- ▶ **E-Health**