



Skye LifeStyle Corporate Health and Well-Being Programs

At Skye LifeStyle, we offer on-site health and wellness programs, making it convenient, accessible to all, and a good use of time management. We can design programs for groups, executives and individuals.

We are pleased to include a tailored health assessment, on site workshops, group exercise classes and a full holistic health overview for your management and staff.

Looking for a national health strategy? *We are pleased to offer these services Australia wide.*

Please see an outline below for our full service offering.

Online Health Risk Assessment

A Health Risk Assessment establishes a baseline measurement of your employees' current state of health and picture of their health related behaviours.

The assessment measures:

1. Overall Wellbeing
2. Heart Health
3. Cancer Risk
4. Diabetes Risk
5. Osteoporosis Risk
6. Nutrition
7. Physical Fitness
8. Mental Health
9. Safety Practices
10. Weight-Related Risks

Employees complete the questionnaire online and are given a detailed personalised report.

The report includes:

- Overall Wellbeing Score
- Health Age (versus chronological age)
- Risk Ratings for major health factors
- Recommendations for health improvement
- Medical Follow-up Report

All are based on current research in the areas of occupational health, mental/emotional health, and productivity and health costs to the workforce.

Employers will be given a detailed report that includes:

- A comprehensive summary of your workforce and their health risks.
- A group report that provides a blinded graphical representation for nearly every risk factor.
- Trend Report that shows individual improvements in health from one assessment period to another.

There is also the option of combining the online health risk assessment with face to face biometrics testing for a more comprehensive report.

Pricing on this feature is available upon application. Please discuss with Skye directly.

Health and Lifestyle Check

A health and lifestyle check will determine an employee's health status using validated health assessments. This check will pinpoint areas of the employee's lifestyle that are affecting their health.

At Skye LifeStyle we take a comprehensive approach to our health and lifestyle checks and therefore offer 3 options for employees. Following the assessment, each employee will receive a handbook with recommended guidelines. The employer will receive a report with a summary of the findings.

The three different lifestyle and health checks are explained in detail below:

Silver – 20 minutes per Assessment

1. Waist and Hip Girths
2. Weight
3. Height
4. Body Fat %
5. Water Retention
6. Body Mass Index (BMI)
7. Blood Pressure
8. Resting Heart Rate
9. Aerobic Capacity (Schell Step Test)
10. Flexibility (Sit and Reach Test)
11. Postural Analysis (Sit and Reach Analysis and Standing Analysis)
12. General lifestyle check with goal setting

Gold – 30 minutes per Assessment

All the above plus the following:

1. Cholesterol
2. Glucose

Diamond – 45 minutes per assessment

The same services as silver and gold as well as the following:

1. Personalised action plan that includes dietary recommendations and an exercise program
2. Detailed Lifestyle Check
3. Inner Core Assessment
4. Upper Body Muscular Endurance (Push-up test)
5. Lower Body Muscular Endurance (Squat Test)
6. Outer Core Endurance Test (Crunch Test)

The lifestyle Check will assess the following:

1. Sleep Duration and Quality
2. Exercise and Activity Patterns
3. Dietary History and Patterns – Questions relate to:
 - a) Breakfast, fruit and vegetables, water, salt, sugars, fast food and alcohol
4. Stress and Mood

Corporate Challenge

The Corporate Challenge is a fun and exciting health & fitness program that runs over 12 weeks.

The program includes the following:

- 2-3 comprehensive health and lifestyle checks
- An exercise and nutrition program for each participant
- A workplace stretching programme
- Unlimited support from our team of personal trainers & nutritionists
- A weekly tips e-mail that includes comprehensive information on exercise and nutrition

The assessments conducted are:

1. Waist and Hip Girths
2. Weight
3. Body Fat %
4. Body Mass Index (BMI)
5. Blood Pressure
6. Resting Heart Rate
7. Aerobic Capacity (Schell Step Test)
8. Flexibility (Sit and Reach Test)
9. Upper Body Muscular Endurance (Push-up test)
10. Lower Body Muscular Endurance (Squat Test)
11. Outer Core Endurance Test (Crunch Test)

Seated Chair Yoga

Need to inspire and re-energise your staff at your next conference or planning day? A simple seated chair yoga class will make all the difference to keeping them productive and alert throughout the day. Cancel the chocolate and coffee at 3pm and book an afternoon energising session with a difference.

Staff stay dressed in their corporate attire and will be taken through a breathing and relaxation exercise program that includes light stretching and time to still the mind.

Health Seminars

Most people want to be healthier but do not know where to start. We offer educational health seminars that will inspire better health with lots of practical tips.

Healthy Habits Seminar: The seminar is 1 hour in length and can be chosen at a convenient location and time that is convenient for employees.

A description of the seminar is detailed below:

- What a healthy diet should look like?
- How to increase the quality and quantity of your sleep
- The importance of exercise for decreasing stress
- How to incorporate more incidental exercise into your day

Healthy Eating Seminar: This interactive seminar will focus on the major laws of nutrition and deliver practical evidence based advice that will improve the participant's health significantly.

The seminar will also focus on:

- The difference between energy lifting and energy zapping foods
- Healthy food choices for the busy professional
- Learning the tricks of the trade for enjoying good food on a daily basis
- What GI means and how it can help us be energetic all day long
- What the macronutrient breakdown of our diet should like
- Going from a diet dominant in processed foods to a whole food based diet
- Importance of hydration

We can also combine a seminar with a healthy catered lunch for your employees.

Seated Massage

Seated massage is one of the most cost effective employee benefits that a corporation can offer its staff.

A seated massage decreases job stress and significantly increases alertness, focus and work productivity.

How Does It Work?

- The service is performed at your business location
- Sessions are conducted in 10, 15, 20 or 30 minute intervals
- Flexible scheduling options and an on-line booking system

Group Exercise Classes

Skye LifeStyle has a large variety of class offerings to meet all people's needs.

Exercise options you can select from include:

- Yoga
- Pilates
- Meditation
- Tai Chi
- Outdoor/Indoor Boot Camp (running/body weight exercises)
- Outdoor/Indoor circuit based activities
- Boxing
- Kettlebell training

These sessions facilitate terrific team building and camaraderie. We will meet at a convenient location on site or off site at a regular session time that is suitable for employees.

Other benefits of group classes include:

- Motivation – Having other people to motivate and spur you on towards greater results
- Social Interaction – Great opportunity to mix and have fun with your fellow workmates

Health Fair

Skye LifeStyle can arrange a health fair for your employees. Each employee will be presented with a booklet that will have information on a variety of different stations. They can then visit the relevant station and undertake the assessment outlined in the booklet.

Stations include:

- Massage
- Nutrition Consultation
- Iridology
- Waist and Hip Girths
- Weight and Body fat
- Flexibility
- Aerobic Endurance and
- Blood Pressure

Stress Management Program

We are living through a period of exceptionally rapid change. There is often a feeling of not catching up which can lead to feelings of frustration, anxiety and tension or as we often label it, stress.

Stress can lead to overload and burnout, reducing our effectiveness in meeting organisational, team and personal goals.

Stress management is learning how to manage speed of change, demands on our attention and volume of tasks without burnout. We can learn to respond openly to change. Our program helps identify the causes that are creating stress in your life. By identifying these sources and examining our habitual responses to these stressors we can then find the most appropriate methods to respond to them. The program will examine how we limit ourselves by habitually becoming distracted and unfocused. We will show ways of thinking to improve your ability to deal intelligently with emotions, listen perceptively and communicate concisely. This program uses the latest scientific research into the mind as well as 'meditation and mindfulness' practices which show us how to be present and free from distraction, improve our focus, clarity and awareness. The technique of cognitive restructuring is also introduced to enable one to change negative thought patterns. These methods and techniques reduce stress, improve concentration and develop balance so we can be more effective in our work and create happier lives.

The Program

Presented in 4 X 1.5 hour sessions

For further information to request a tailored proposal please contact:

Contact details:

Skye Baird

Yoga and Wellness Coach

Skye LifeStyle

P: 0400 647 236

E: skye@skylifestyle.com.au

W: www.skylifestyle.com.au