



Health  
**PriorityOne**  
A Fresh Approach



aspire  
accelerate  
achieve

## Corporate Health

“All goals are achievable;  
the key to your success is  
how you set and work with them.”

— Lisa Burnett

“When we have our health, we have everything”

Is your organisations leaders and it's people in good health with “all day” energy to deliver on goals?

Improving the health and wellbeing of employers and employees through strategic wellness programs, leading to a more positive, productive and profitable work force.

Developing a healthy corporate culture is fundamental for organisations striving to attract and keep quality staff.

With the recent escalations in workers compensation claims and the increasing pressure on employers to provide a safe, harmonious and caring environment, a well orchestrated exercise and wellness program is essential to their development.

PriorityOne Health develops each health plan and any associated exercise and wellness program.

### Employer benefits

- ▶ Attracting and retaining the work force
- ▶ Enhanced productivity
- ▶ Increased workplace morale
- ▶ Decreased absenteeism
- ▶ Work/life balance and;
- ▶ Making employees feel that they are important and valued for their work contributions.

Through organised health promotion you can improve the quality of life of your staff and reduce the health risks associated within the work environment.



At PriorityOne, we believe organisations and people can achieve great things when helped to find the way.



Getting individuals and what their body

### Employee benefits

- ▶ Helps reduce stress and increase the ability to cope with pressure
- ▶ Stimulates clear thinking and focus
- ▶ Helps control weight and the associated diseases (high blood pressure, heart disease, diabetes)
- ▶ Helps control feelings of anxiety and depression stimulates serotonin production
- ▶ Promotes feeling of well-being and self satisfaction
- ▶ Boosts energy
- ▶ Increases self confidence and social ability
- ▶ Decreases back neck and shoulder pain
- ▶ Increases self awareness and psychological well-being
- ▶ Reduces risk of injury

Health is the key in kick starting the change required to take steps towards achieving your aspirations.





# approach aligned to specifically needs

## Individual Personal Wellness Coaching

### What's your attitude to maintaining a longer, healthier life?

**A** healthy and aligned body supports a healthy mind to perform at its best and; there are many healthy bodies in many shapes and sizes.

Health and renewing your commitment to ongoing personal wellness is more than visiting the doctors for a check up, hiring a personal trainer or consuming vast amounts of salad and green veggies!

It is about the impact your teams actions has on the improved environment you want to create. There's no point taking actions that do not make a difference, creating further concerns, situations and people to manage!

### We are by your side helping you push through, stay on your feet and get you over the line sticking with you all the way!

PriorityOnes approach relies on information collected from your consultations. This is matched with your aspirations, concerns and ideas to tailoring an approach towards achieving your health goals.

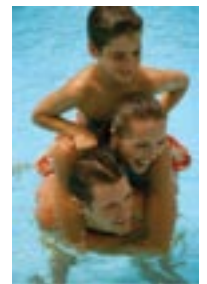
Together we plan and budget a tailored plan endorsing and promoting the values and ethos of your organisation.



Your PriorityOne coach will work with you discussing...

- ▶ health risk prevention
- ▶ clarity of mind
- ▶ creating a more balanced life
- ▶ reaching your goals

PriorityOne's Health programs are designed for all people of all ages, culture, health status!



## Your PriorityOne Coach will guide you through the coaching process.

Your PriorityOne coach will focus on your overall personal wellbeing to ensure a healthy awareness as you progress.

This enables you to explore your thoughts, and actions in accordance with aspirations; managing the impact you have on those who surround you.

When developments occur and your plan requires revisiting they support you through the transition phase.

Anyone can conduct preventative actions leading to a better, more balanced, stress free and longer life.

So whether you are looking for a total lifestyle change, a short motivational kick, fun healthy activities, or simply expert guidance.

## Give us a call. Our range of experts will encourage and support you towards an approach for a better more balanced life!



We support you to mitigate the risk of entering the 'slump' phase and continue with your plan accelerating towards your goals.

**“All goals are achievable; the key to your success is how you set and work with them.”**

## Our programs and services

PriorityOne Health offers health and wellness programs for a healthier corporate culture. We do this at the PriorityOne centre or onsite at your office.

We understand every company has individual needs; this is why we focus on developing an understanding of your organisation before we develop the approach and deliver corporate health plans.

## We provide options for:

- ▶ Corporate gym management
- ▶ Corporate Health and Fitness Needs Analysis
- ▶ Executive Health assessment and management
- ▶ Staff Health screening and evaluation
- ▶ Health promotion
- ▶ Massage
- ▶ Postural and ergonomic assessment
- ▶ Group exercise programs
- ▶ Personal Training
- ▶ Dietary assessment
- ▶ An renewed holistic approach at life looking to achieve greater balance
- ▶ A range non invasive tests to ensure ongoing wellbeing and health manage an “in the moment” need

**Enjoy the freedom, convenience and benefits of PriorityOne Health Mobile. Have one of our trainers come to you.**

We understand the studio or gym isn't for everyone, which is why we have team of mobile trainers giving you the option to enjoy some fresh air and stress free time in an environment that suits you.

Whether its at home, in the office or outside in your favorite park, we will provide the equipment, expertise and a motivated, personable trainer to make sure the sessions are challenging and fun.



## So how to get started?

Take the hard work out of change and contact us here for a free chat. You are about to connect with people who can help you reach your true potential.  
**P.S. When considering change where do you fit?**

- 100%** of us think about doing it
- 50%** of us plan, organise and get ready
- 70%** of them manage to start and then drift off somewhere...
- 30%** of us who start, persevere, get results, and are happier living a much less stressed and more balanced life guilt free

## Other Health Services

- ▶ Corporate and Executive Health Testing
- ▶ 12 weeks towards a better more balanced life - getting started
- ▶ Personal Wellness and life style coaching
- ▶ Individual and family medical testing
- ▶ Pre and post Pregnancy Pilates programs
- ▶ Motivational experts and forums
- ▶ Rehabilitation Experts for individual coaching
- ▶ Counsellors for stress, anxiety, and motivational life balance concerns
- ▶ Nutritional Assessment And Healthy Eating Guidance
- ▶ Prostate, Breast Cancer, Skin Cancer Fertility, Sexual Disease Testing
- ▶ DNA testing
- ▶ Naturopath Gym classes - see timetable
- ▶ Chinese medicine practitioners
- ▶ Hypnotherapy and Relaxation therapies
- ▶ Pamper and Domestic services

## Why act now?

**You need not go elsewhere to find the right support to being healthier, fitter, feeling better and seeing the results of your efforts!**

This holistic tool offers an unexpected bonus, accessed through your PriorityOne coach.

**It is an exciting way to look beyond your own organisation, to a world of possibilities.**



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