

One Life Healthy lifestyle program



CS Health has developed a range of health boosting services under its healthy lifestyle program **One Life... Make it Count** that may increase the fitness and wellbeing of your staff.

CS Health's outstanding program meets the needs of organisations keen to ensure the wellbeing of its greatest assets – its people. It is specifically designed to support people to adopt practical methods of improving their quality of life.

Through healthy lifestyle choices, your employees can enjoy increased energy, greater wellbeing and better health. They can also enjoy a better work-life balance.

The benefits of having a fit and healthy workforce can deliver measurable productivity improvements and occupational health and safety benefits.

Participants in CS Health's **One Life... Make it Count** program generally feel more active, suffer fewer injuries, and take less time off work.



The program has a number of elements that can be tailored to the needs of your workplace and is structured to support behavioural change and measurable health improvements.

Topics covered include:

- Goal setting and the principles of healthy eating and regular exercise
- Nutrition, diet, eating on the run and during shiftwork
- Types and benefits of exercise and fitness levels
- Stress, time and sleep management
- Energy and metabolism, dehydration and rehydration
- Barriers to implementing healthy behaviour and problem solving.

As CS Health professionals take regular body composition measurements and cardiovascular fitness measurements, participants can chart their progress and we can monitor their success.

One Life... Make it Count is a life-enhancing program that every organisation should consider for the improved health and wellbeing of their staff.

We all have one life – make it count!

- Adult obesity levels in Australia have soared to 7 million people, almost half the working population.
- Almost 70% of men and women are overweight or obese.
- 44% of workers don't get enough exercise.
- 29% of workers smoke.
- Excess body fat places increased strain on the heart, and joints, and increases the risk of type 2 diabetes and developing chronic disease.
- Research both here and overseas shows obese workers are around 60% more likely to be absent from work compared to their healthy weight-range counterparts and the morbidly obese are almost 120% more likely to be absent.
- CS Health data from 8,370 health assessments found that 24% of workers were obese and 44% were overweight (actual figures from all medicals in 07/08).

CS Health
Call today on 02 8270 3200