

Central Performance Healthy Business Programs

Helping people & businesses work together for a healthy future

We can help your team

- increase productivity & performance
- work better together
- be happier
- take less sick leave



Active employees perform better

Giving your employees the opportunity to be more active brings great benefits to your business as well as your team. International studies & workplace health programs consistently show that employees who exercise regularly significantly improve their workplace performance as well as improving their personal health.

Proven increases in work performance

Improving workplace fitness has been shown to directly increase profitability. Organisations that managed workplace health well increased their financial performance by more than 2.5 times¹. Other research showed that workplace health & fitness programs resulted in a 25% decrease in sick leave & a 41% decrease in workers compensation costs, delivering a return on investment of \$5.81 for every \$1 invested².

In 2011 a government program covering 75% of UK companies showed that workplace health & fitness programs improve job satisfaction, increase productivity & reduce absenteeism. Results showed that after exercising employee's work performance is consistently higher, they have better time management & improved mental sharpness. The research concluded that workplace exercise programs bring great personal benefits to employees & also give companies more efficient employees who work better together^{3,4}.

Other research shows that specific exercise significantly reduces blood pressure & body fat, & shortens the duration of shoulder & back pain by 30%⁵. Vigorous exercise has also been shown to lower the injury risk for white-collar workers with neck & arm symptoms⁶.

There is also strong evidence to show that exercise helps you cope much better with stress & reduces the rates of depression & anxiety⁷. The main mechanism for this is the way that exercise stimulates the release of feel-good chemicals like endorphins to lift your outlook, give you energy & help you concentrate. All of these factors strongly correlate with increased job satisfaction & workplace performance.

The best programs for your team

At Central Performance we focus on 3 key areas in our programs;

1. **Quality:** our trainers are leaders in their fields. Ben Liddy, an experienced physiotherapist & accredited Athletics Australia coach leads our running programs. Danny James, a highly qualified trainer & Accredited Australian Sports Commission Coach heads up our personal & group training programs.
2. **Safety:** maximal safety is ensured through pre-program screening, close supervision & tailored program design.

3. **Convenience & flexibility:** for exercise to become a regular habit it must be enjoyable, work in with your lifestyle & be personalised. Our extended opening times & close location make it easy for employees to fit sessions around their work, & our extensive range of exercise options means there is a program suited to everyone's personal ability & preferences.

A range of options are available

Programs available for your team include;

- running group (each member receives a personalised program)
- personal & small-group training
- lunchtime group exercise sessions
- 12-week tailored strength & conditioning programs

Your employees can join programs individually or as a group. They can join existing sessions or we can dedicate sessions specially for your team (*subject to numbers & availability*).

Your employees can simply join programs & pay independently, however many companies use company-subsidised exercise programs to encourage team-building, improve employee relations & maximise the workplace performance benefits that flow from professionally programmed exercise. Your company can subsidise the cost for your employees to join existing programs, or we can deliver programs just for your team that are partially or fully paid for by your company (*subject to numbers & availability*).

Discuss your ideal program with us

Our goal is to deliver the ideal program for your business & your team. Contact us on **9280 2322** or info@centralperformance.com.au to discuss the best options for you & your team.

central physio and performance fitness

Improving health Building performance Changing lives

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