



mind body motion
fitness solutions

Fit for Work!

Mind Body Motion Fitness Solutions™ has been working with a number of corporate organisations to help improve the health and wellness of their employees. We currently work with AT&T in North Sydney and West Pennant Hills, and we've been working with Reckitt Benckiser in West Ryde for over two years. Other corporations include TPG in North Ryde and Computershare in St Leonards.

Our message is simple: Healthy employees are happier employees! Regular exercise with your colleagues is a convenient and fun way to get fit and stay healthy.

What are the benefits to you as an employer?

- Less illness = less time off work.
- Fit people are confident in the workplace.
- Exercising assists your brain function.
- Fit people have more energy so they can stay focused.
- A fit employee feels good so their attitude can be much better.
- Fit people are often good at goal setting.
- Fit people often make good leaders as they are disciplined and goal oriented.
- Employees who exercise tend to be less stressed.
- Group classes help employees bond.
- Employers encouraging fitness demonstrates a concern for an employee's well-being.

We will work with you to develop a solution that is right for your business needs. All initial discussions are no obligation.

For more information on how Mind Body Motion Fitness Solutions™ can assist you - 0430 052 561 or info@mindbodymotion.com.au

www.mindbodymotion.com.au



AT&T 12 week Fitness Challenge

In April 2010, after a Health and Wellness presentation to employees, AT&T participated in a 12 week Fitness Challenge. Employees engaged in a series of fitness tests ranging from strength work, to cardiovascular activity, to flexibility tests. All measurements were recorded and then re-tested at the end of the 12 weeks.

“**Mind Body Motion has been providing personal training classes to the willing team at AT&T for the past 15 months. However, it was decided that we needed that extra push into the fitness and wellness realm. Mind Body Motion came to the AT&T offices and presented a health and wellness seminar which provided our employees with important and interesting health facts. They also introduced the fitness challenge initiative which was a fitness improvement competition run over 12 weeks with prizes to the most improved.**”

The fitness challenge run by Mind Body Motion was well received. The competitive nature of 30 employees was discovered. The outcomes were quite exceptional and I have received rave reviews from employees with requests to do another later on in the year. I can definitely recommend this fitness challenge to other corporate companies or groups in general.”

**Anna Craven,
HR Service Delivery Associate ANZ
AT&T Global Network Services ANZ**

The results were phenomenal. Every employee improved significantly. It brought out a sense of competitiveness and it gave them a sense of purpose over the 12 weeks. Many of the employees continue to train with Mind Body Motion Fitness Solutions™ in a weekly exercise program.