

CORPORATE  
WELLNESS  
Christchurch





Get with the Programme and .....Show them YOU CARE

Here's what we can offer you....

# CORPORATE WELLNESS PROGRAMME

- Health & Wellness Seminars
- Individual Health Assessments
- Safe, cost-effective, mobile health & well-being services to benefit the company and provide all equipment
- Create a fun environment through exercise for your staff
- Goal-setting & Challenges
- Exclusive Membership Deals for Staff and their Family

SHOW THEM YOU CARE





The requirements of most jobs, no matter how demanding, usually come with an element of physical and mental concern

**Sedentary, Active & Physical roles, present these issues...**

# CORPORATE WELLNESS CONCERNS

- **SEDENTARY CONCERNS** (eg. Admin workers)  
Low energy levels and focus. Stiff muscles & joints. Lower back pain. Tension headaches & migraines
- **ACTIVE CONCERNS** (eg. Courier Driver, Hospo)  
Low energy levels and focus while sitting down. Frequent muscle & joint pain. Lower back and/or shoulder pain specifically.
- **PHYSICAL CONCERNS** (eg. Tradesmen)  
Frequent muscle & joint pain. Lower back pain specifically. Limited flexibility and mobility.



Create a Healthier and Happier Workplace







“The simple act of paying positive attention to people has a great deal to do with productivity”



# CORPORATE WELLNESS BENEFITS

When you care for them, it won't just be your employees who reap the rewards.

**Here's what you can expect in return...**

- Increased employee Morale & Productivity
- Improved general Company Service, creating customer loyalty and recommendation. Ultimately, increasing your Bottom Line
- Decrease in Absenteeism & Sick Days
- Reduced staff turnover
- Increased knowledge on self care
- Speedier recovery time after injury

If you care for them, they will care for your customers





Create a healthier and happier workplace with our  
Corporate Wellness Programme

**Why choose us?.....**

# CORPORATE WELLNESS Christchurch



- We are a Christchurch owned & operated fitness facility with a dedicated team of professionals who are passionate about creating awareness around general health & well-being
- One size does not fit all...we tailor all our Programmes to suit the people and company involved
- Our on-site Physio Clinic and close connection to the Therapists proves a huge benefit when addressing any rehab needs
- We offer a 2 week Free Trial of the services we provide. (in-house or off-site)

Exercise & Team Building Programmes for Employers







# CORPORATE WELLNESS Christchurch

## Pricing structure

2 weeks FREE Trial (max 4 sessions)

Session - \$10.00 Per Person (min 10 people)

Fixed Term Courses - POA

Corporate Membership  
to Concrete Health & Fitness  
\$10.90 per week

Contact Keith or Tim on 03 3322 604  
Or [office@concretehf.co.nz](mailto:office@concretehf.co.nz)

[www.gymchristchurch.co.nz](http://www.gymchristchurch.co.nz)



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