



CORPORATE WELLNESS PROGRAM – 2019

Lyon Health has a proud track record in the provision of corporate health and wellness services. We understand the importance of mental and physical health and wellbeing in the work place, and we also understand the importance of goal setting and progression in the corporate environment and our training style address this in our programming and sessions.

Lyon Health focuses on improving your health and keeping you accountable, empowering you with knowledge and safeguarding against the prevalent issues of absenteeism (work days missed due to physical and mental health issues) and presenteeism (decrease in productivity and the erosion of work place culture due to mental and physical health issues).

Group Training:

Lyon Health group training classes are a unique blend of body shaping and performance-based programming delivered in an enjoyable small group format. You will get faster, stronger and fitter while developing improved running and resistance training technique.

Surround yourself with health orientated likeminded people that share your fitness goals. Group training offers a healthy, social atmosphere that not only makes you feel good but look good too!

Class options can be integrated based upon your preferences and will include:

- Punches and Crunches: Boxing and Core strength based training
- Lean Lifting: Full body resistance training with weights
- Power and Performance: Build speed, strength and agility with drills taken from many elite sports

Now and Zen:

In house stretching, functional movement and relaxation sessions performed just metres away from your desk – A great way to break up the day, downregulate, relax and work on improving your mobility and flexibility.

Rob and his team blend together a mixture of movements taken from Yoga, Pilates, Functional sports mobility, physiotherapy and elements of meditation and stress relief for a session that will leave you feeling re-energized yet relaxed – perfect for those tight afternoon deadlines!

- Vinyasa Flow sequences
- Deep static stretching
- Trigger point therapy
- Muscle activation exercises
- Breathing techniques

All levels of fitness, health and mobility are welcome. All you need is yourself and a mat and we will guide you through the rest!

The Run Club:

Join a running group that combines cutting edge technical drills with a relaxed and highly motivating group environment. Utilizing a wide range of training techniques such as steady state exercise, High Intensity Interval Training (HIIT), Fartlek Training and running specific strengthening drills, Participants will enhance their technique, reduce the risk of injury and improve their speed, efficiency and biomechanics.

- Every class lead by an experienced running professional
- Programs tailored for all major running events, including city2surf, half marathon and full marathons
- Home programming included in PDF format for all participants to ensure sustained progress
- Video biomechanics and feedback of technique provided to all participants

Workplace wellness screening:

Let our team of exercise scientists and exercise physiologists work with you individually on all aspects of your health and wellness. Our Wellness screening sessions typically take 20-30 minutes per employee and cover:

- Body Composition screening – including body fat, lean muscle mass, bone mineral density, visceral fat and metabolic age
- Blood Pressure testing
- Workplace Ergonomic Assessments
- Detailed goal setting session
- Provision of lifestyle education and awareness sessions

Follow up sessions are typically arranged on a bi-monthly basis to ensure adherence and consistency to your agreed lifestyle changes. Detailed reporting on key health indicators company-wide will also be supplied.

Education Sessions:

Lyon Health's team of highly qualified and experienced fitness professionals will talk about all aspects of health and wellbeing. Drawing upon over 25 years of combined experience in the field – our seminars are upbeat, energetic and highly informative. Topics covered include:

- Injury Prevention and Health
- Cardiovascular Health and longevity
- Sports Specific Training and Goal setting
- Nutrition
- Goal setting and psychological training (“winning the battle within”)
- Sleep, Stress and Hormones

Body Composition Testing:

Lyon Health has partnered with Measureup to provide on site non-invasive body scanning for staff, complimented with detailed reporting on key body composition indicators and their impacts on health. Perfect to compliment our group training sessions and health assessments – your staff can track key health metrics over time, such as:

- Body Fat Readings (both subcutaneous and visceral)
- Lean Muscle Mass recordings
- Bone Mineral Density
- Resting Metabolic Rate

Follow up sessions are typically arranged on a bi-monthly basis to ensure adherence and consistency to your agreed lifestyle changes.