

# Corporate Group Training Program

## Understanding your requirements

Please have a read through Corporate Group Training Program for 2010. You will notice that a Group Training Program can be packaged up with a number of services. These services have been listed below.

## Corporate Group Training

In many organisations, the Corporate Group Training Program has been conducted as a competition; this has been sometimes done on an individual basis. Other times, it has been run as a competition between departments.

## Corporate Health Services Explained

### 1) Initial & Final Assessments Health Assessments

These sessions will be targeted at all participants in the program and provide an overall health screening appraisal. General health & wellness checks will help determine:

- Blood Pressure
- Body composition analysis via the Impedimed
- Basic nutrition analysis

Each person will be assessed using the Impedimed body composition analyser which will provide some very useful feedback on each person's overall wellness. This will provide an analysis on each participant's personal wellness both now and for future corporate health programs.

Each team member will receive a detailed report that provides them with a snapshot of their personal health and wellness at the start of the program, and at the conclusion of the program.

### 2) Group Personal Training Session

These sessions will form the backbone of the fitness program and will be critical to help develop strength and fitness.

The group sessions are proposed to include the following:

- Group Boxing Sessions
- Group Strength Sessions
- Group Core Stability Session
- Group Fitness Sessions
- Group Stairs Sessions at Kangaroo Point cliffs (*optional*)

All sessions can be conducted onsite at you premises, at the local park or depending on availability, in The Xcentuate Personal Training Studio.

#### **4) Work Booklet / Eating Habit Diary**

The work booklet will include everything that needs to be known & documented during the program.

To commence a Corporate Group Training Program contact

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