

CORPORATE FITNESS

towards achieving zero risk in the workplace



To create an environment where the body can restore and maintain itself from the spine/joint related stresses of work is the purpose of this program for your corporate business. My purpose is to introduce and reveal to you and your corporation ways to revitalise, strengthen and recuperate the human body from the physical and mental stresses of work. We are able to increase the ability of the the body to support itself by fifty percent.

NUTRITION

- Food intake and its effect upon our body.
- Reduction and recovery from work related injuries: eg., degenerated discs, prolapsed (bulging) discs, herniated discs, osteoarthritis of the hips and knees, tendonitis and shoulder injuries.

This is a joint conditioning program so your body is able to withstand the rigors of work as opposed to lessening activity.

WORK ENVIRONMENT EVALUATION

EMPLOYEE / EMPLOYER EVALUATION

EMPLOYEE / EMPLOYER PROGRAM DESIGN

CORPORATE GYM DESIGN / INSTALL

CORPORATE TRAINING WORKSHOP

TOWARDS ACHIEVING ZERO RISK IN THE WORKPLACE

- Spine and Joint strengthening and conditioning.
- Taking into consideration the environmental and gravitational stresses effecting the human body.

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