



Corporate Health & Wellness Program

Elevate your teams growth & productivity



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Build a healthier, safer and more productive workforce

For over 10 years, 360 Health Clinic has delivered high-quality rehabilitation within the Workers Compensation space, supporting injured employees to safely return to work and regain function.

Now, we're shifting the focus from reactive to proactive - a workplace injury carries significant hidden costs to a business - lost productivity, replacement staff, increased premiums, and management time. These impacts often outweigh the initial claim itself. Through worker risk profiling, early screening, and ongoing wellbeing support, businesses can identify risks early, prevent injuries, and reduce both the human and financial impact on their workplace.

Why invest in workplace health?



Improved productivity



Reduced absenteeism



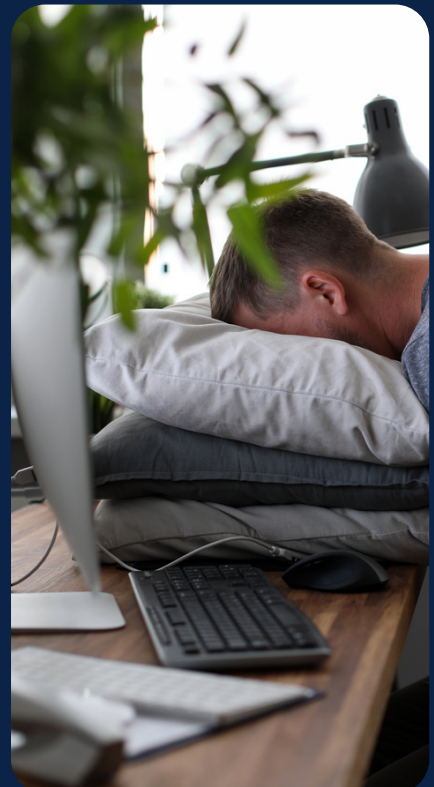
Boost team morale



Promote longevity in the workplace

Many workplaces are seeing rising rates of musculoskeletal injuries, sedentary-related health risks, fatigue, stress and reduced productivity.

Our program is designed to identify risks early, improve physical capacity, and empower your team with practical strategies, through a structured, evidence-based workplace wellness program led by Accredited Exercise Physiologist and Allied Health Assistants.



Our Corporate Health & Wellness Packages

	ACTIVATE	ENHANCE	RESILIENCE
Initial Consultation with an Accredited Exercise Physiologist	✓	✓	✓
Weekly 1-hour Group Exercise Class		✓	✓
Re-Assessment with an Allied Health Assistant		✓	✓
Workplace Seminar	OPTIONAL ADD ON	✓	✓
Individualised Training Program			✓
Progress Check In			✓
3 Month Gym Membership	OPTIONAL ADD ON	OPTIONAL ADD ON	OPTIONAL ADD ON
Additional 1-hour Group Exercise Class		OPTIONAL ADD ON	OPTIONAL ADD ON



Activate

Your team will receive an individual clinical assessment with an Accredited Exercise Physiologist including:

- Health & Medical Screening
- Industry-specific strength and functional testing using VALD technology
- InBody body composition analysis
- Personalised report and risk profiling
- Clear, actionable recommendations

You will also receive a de-identified workplace summary report of results.

Investment = \$199 per person



Enhance

Boost team morale by engaging in our 12-week Workplace Wellness program. Including all elements of the Activate tier PLUS:

- Weekly Group Exercise Class delivered on-site or at 360 Fitness Club
- 1-hour Workplace Seminar on an industry specific topic, or topic of your choice (eg, risks of sedentary work, safe manual handling)
- Review and re-assessment in week 12 by an Allied Health Assistant, including comparative results report and ongoing recommendations

Investment -

- 10 participants = \$2,999 (Additional \$249 per employee)
- 20 participants = \$4,999 (Additional \$249 per employee)
- For larger corporations with more than 30 participating employees, please contact us for specific pricing.

Optional Add-Ons:

- 3 Month Gym Membership at 360 Fitness Club = \$399 per employee (ideal for salary sacrifice packaging)
- Additional Group Exercise class per week = \$590



Resilience

Take your team to the next level with our Resilience package. Receive all the elements of the Enhance tier PLUS:

- A mid-program check in with an Allied Health Assistant to track progress and establish goals and programming for the second half.
- Two 5-week personalised training programs (gym or home) tailored to your goals and results.

Investment -

- 10 participants = \$3,999 (Additional \$249 per employee)
- 20 participants = \$7,500 (Additional \$249 per employee)
- For larger corporations above 30 employees, please contact us for specific pricing.

Optional Add-Ons:

- 3 Month Gym Membership at 360 Fitness Club = \$399 per employee (ideal for salary sacrifice packaging)
- Additional Group Exercise class per week = \$590

Let's build a stronger workforce together



By the completion of your Workplace Wellness program, your team will:

- Have a clear understanding of their physical health
- Reduce injury risk and workplace strain
- Improve strength, movement, and resilience
- Be equipped with tools to sustain long-term health

Get in touch with us today



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