

### Bite4Life – Who are we and what do we do?

Bite4life is a web-based health and wellness program. In collaboration with Corporate Fitness Culture (CFC), we provide both on-line and in-person training and consultation to provide a platform for enduring employee health and fitness.

Bite4life Corporate Wellness Challenges have produced profound results for both employers and employees. Most importantly, the Challenges can assist you in achieving Key Corporate Goals including **Employee Value Proposition, Talent Attraction and Retention, Reduction of Absenteeism and Sick Leave, Employee Engagement and Organisational Culture.**



### Meeting and Exceeding your needs..

We continue to see an increasing number of employees requesting quality wellbeing programs at work. Through significant flexibility for adaptation to each employee's individual lifestyle, bite4life Corporate Wellness Challenges can be beneficial to all employees, no matter what fitness level, age or weight..

Bite4life is for everyone – those who are predominantly sedentary, through to those who have the option to walk, ride or jog to work.

Also key to the bite4life offering is the option for staff to raise funds for charity. We can assist your organisation to align to a charity partner if you wish.

### Companies we work with..

Just some companies we have recently assisted in their health and wellness needs include the following:

- NRMA Motoring & Services
- Employers Mutual
- Commonwealth Bank
- ANZ Bank
- Colonial First State
- St George
- Skandia

### How can your company benefit from Bite4life?

Allows you to **cost effectively** increase the health & fitness, productivity and job satisfaction of your employees.

Leads to **reduced sick days** – research shows that employees with poor health and fitness levels take more sick days than others, costing Australian businesses >\$30 billion.

Company health and wellness initiatives improve employee loyalty and retention rates thereby **minimising staff turnover.**

Bite4life Wellness Challenges stimulate employee **team building** and cooperation through encouraging employees to work in teams to meet their individual health and fitness goals.

Our bite4life challenge makes fitness accessible and **adaptable to any lifestyle** for the convenience of all.

Through being so adaptable to employees' lifestyles, the program can be easily continued **well after the corporate program completes.**

Through their alignment with your **key strategic and corporate responsibility goals**, bite4life Wellness Challenges offer Win Win for all!

### What' s included?

Wellness Pack - Shaker, tape and pedometer for each participant

8 weeks online access to bite4life (longer if required)

Customised menu plans and exercise programs

Weekly challenge updates

Fundraising opportunity for your favourite charities



Bite4life will administer all your employee registrations, provide marketing material, work with your communication specialists to market and promote the bite4life challenge throughout your organisation and provide support throughout the challenge.

We provide fortnightly reports on your challenge progress and end of program reports so you can benchmark, measure and report on the success of the program to your Executive Team. Bite4life provide the framework to help employees become more active, healthier, productive and engaged with your organisation.

Contact us today for a Free company quote and more information on this New corporate wellness initiative.

**Connecting Companies to Charities.....**