

Corporate Wellness

Our *philosophy* at Fitness Forever is simple....



"We believe a combination of regular exercise and a balanced diet is vital to achieving a healthy, active life. Fitness Forever also understands your fitness routine should be fun and enjoyable, ensuring a long term sustainable program that easily becomes a part of your life."

Group Fitness Classes

Personal Training

Heartmoves

Stretch Fit

Eat Smart

Eat It





Corporate wellness



Business solutions

- Group Fitness Classes
- Personal Training
- Thump Boxing
- Heart Foundation Heartmoves
- Stretch Fit
- Eat Smart
- Eat It
- Health & fitness assessments
- In-house gym supervision
- Fitness events
- Wellness newsletters

Our clients include

- Brisbane City Council
- MS Queensland
- The Village
- New Age Solutions

Wellness at work for you

Connecting your business to health and wellbeing

A healthy workforce has a direct effect on the overall performance of an organization. This is a much researched and proven fact worldwide.

Our Corporate Wellness packages are designed to support healthy behaviour in the workplace and to improve health outcomes at affordable prices. Activities can be carried out in the workplace as well as other settings.

Solutions for your health and wellbeing program

What's on offer?

Fitness Forever's Corporate Wellness consists of a variety of activities such as group classes, health expo's, health education, health coaching, weight management programs, wellness newsletters, on-site fitness programs and/or facilities and educational programs.

We are confident that your business will benefit from increased staff productivity and morale, ensuring an overall improvement in the health status of your employees. Additionally, your business will profit from significant decreases in absenteeism rates, workers compensation claims and staff turnover.

Health packages

	Min. Required	Program length	Price per person
Group classes			
Thump Boxing, Stretch Fit, Bodyweight Circuit	10	10 Weeks	Total \$120.00
Nutrition - Eat It			
6 week nutrition education program	10	6 Weeks	Total \$90.00
Personal Training for 2			
2 Person x 45min Personal Training Session	2	6 sessions	Total \$240.00
Eat Smart			
Our consultations provide a complete overview on portion control, balancing food groups, reducing processed food intake and healthy eating choices.	1	4 Weeks	Total \$150.00



Business solutions



Our training offers real benefits

Group Classes - Thump Boxing

Thump Boxing provides great stress release in an intense workout while improving overall strength, agility and posture. With other forms of bodyweight exercises incorporated into each session, boxing classes can also assist with weight loss, muscle tone, increased cardiovascular fitness and core strength.

Group Classes - Stretch Fit

Flexibility & core conditioning classes provide a fantastic opportunity to stretch and relax muscles to release tension and increase mobility within the body. Each week participants will notice improvements in their bodies ability to lengthen and improve posture.

Personal Training for 2

Personal Training with a workmate can be the motivation required to commence an exercise habit that can see results for life. Our training sessions are designed to target specific goals including weight loss, cardiovascular fitness, strength training or general fitness.

Nutrition - Eat It

The "Eat It" Program is a 6 week nutrition education program created by Diabetes Qld, designed to teach participants how to apply practical nutrition skills including label reading, healthy portions, healthy shopping / cooking & how to choose healthy meals when eating out.

Forget sitting down and being lectured, the Eat it program is highly interactive, lots of fun and covers following topics:

- What is a healthy diet?
- Reading food labels
- Conquering the supermarket
- Modifying recipes
- Cooking healthy foods
- Eating out

Eat It is suitable for anyone – it contains information that everyone can use in their day to day lives.

Eat Smart

Eat Smart provides nutrition guidance to help modify and generate positive changes to your diet based on the Australian Guide to Healthy Eating. Our consultations provide a complete overview on portion control, balancing food groups, reducing processed food intake and healthy eating choices.

What makes Eat Smart different to other programs is our approach to recognising and modifying our clients baseline diet, implementing changes that are healthier, cost effective and achievable for anyone. It is important for our clients to recognise where the wrong choices are being made and modify as required so the changes can be made for life.

Eating healthy is a way of life and bad habits cannot be fixed in 6,8 or 12 weeks. With Eat Smart we assist with the changes that will stay with you forever.



Suanne Lowery
Owner / Personal Trainer

Specialising in:
Nutrition
Older adult training
Specialty needs training
Boxing
Group training



Cassandra Waite
Personal Trainer

Specialising in:
Exercise science
Group training
Body weight training
Children's training
Strength training



Frances Lowrie
Personal Trainer

Specialising in:
Flexibility conditioning
Boxing
Group training
Dance instructor
Children's training



Darren Camilleri
Business Manager

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Australian Health & Fitness Awards 2013

