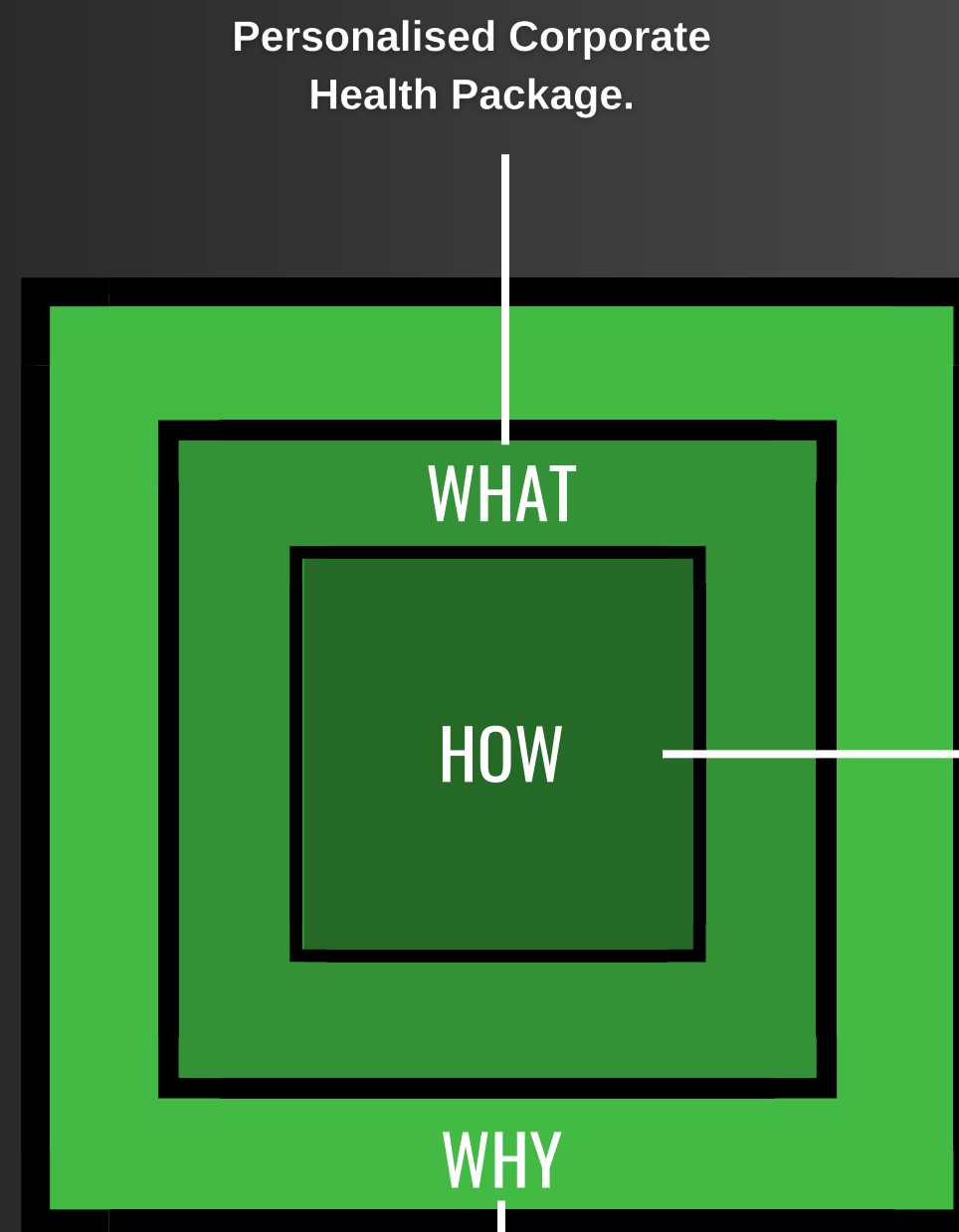


CORPORATE HEALTH AND WELLNESS OPTIONS

WHY DO YOU WANT THIS?



Your customised package can include challenges, seminars, classes, memberships, incentives & rewards. We will work with you to set the plan; all that is left to do is start.

Having Corporate health initiatives encourage staff to form healthy habits. A healthier team is a happier team, which also means a more productive team. Helping them to enhance their health benefits everyone.



BENEFITS TO INDIVIDUALS:

- Reduced Blood Pressure
- Reduced Hip-to-waist ratio
- Lower resting heart rate
- Full body strength increase
- Improved Flexibility & mobility
- Enhanced mood & self-esteem
- Increased energy
- & much more...

BENEFITS TO COMPANY:

- Better work atmosphere
- Improved individual & team productivity
- Reduced annual sick days
- Reduced Staff Health Risks
- Improved Camaraderie
- & much more...

WHY US?

THE
TRAINING
GROUND

At The Training Ground, we take a comprehensive approach to wellness goals and design your perfect package; beyond simply increasing muscle and dropping body fat (although we can help with that, too!).

Our unique system is designed to improve all areas of life, allowing individuals to enhance and elevate their overall well-being and quality of life.

The Training Ground has been a corporate wellness solution for Brisbane City companies for almost two decades. Varying solutions to offer what each business requires. The fundamentals will always remain true with our offerings:

- supplying highly qualified staff
- ensuring diverse offerings to promote attendance
- fun and adaptable to all fitness levels



MEMBERSHIPS



24/7 Gym



Personal Training



Group Classes



THE
TRAINING
GROUND

Corporate incentives start at three memberships! Whether the company or member is paying, if we have three or more members from the same organisation, the corporate rate kicks in, a 20% reduction of our standard membership prices to encourage individuals to promote health benefits in the workplace.

Whether it is a short 8-week block full of health services or ongoing group classes for staff to utilise, we pride ourselves in our ability to tailor the perfect options for your unique needs.



- Remedial Massage
- Health appraisals
- Private classes
- & much more...



- On your phone via our app.
- Train from anywhere, anytime.
- Excellent for team workshops & challenges.



- Office ergonomics: Preventing office-related injuries
- Nutrition & creating a sustainable nutrition plan
- Getting back your natural rhythm & energy
- & much more...



By investing in the workplaces health and well-being, you invest in the organisations overall success and growth. We could be generic like everyone else, but The Training Ground choose to offer educational extras to ensure everyone is learning how to turn these new habits into a lifestyle.

1. IMPROVE OVERALL STAFF HEALTH

Utilise our health appraisals to track the current health of staff and gain a Company Health Score. The goal of the Wellness Package would be to increase this Company Health Score by the end of a given period. We would suggest upward of eight weeks to see noticeable changes.

All individual scores would be deidentified to protect staff yet we can guarantee that once we have the data for an initial health score we can tailor the perfect program to increase the participants health in the most meaningful way.



As shown on the website, this is the increase of a Company Health Score after a tailored package with us. This package included:

- 8-Week Health Kick Challenge
- 2 x Lunch Time Classes with a Personal Trainer
- Initial, Mid-point & Post-challenge health appraisals
- Creating Fitness Habits Seminar (Week 1)
- Nutrition Seminar (Week 3)
- Office Ergonomics Seminar (Week 5)
- A Final Report presented to the company displaying improvements the Wellness Package made on the staff's health and offered suggestions to continue the progress.

2. CORPORATE GROUP PROGRAMS

EXAMPLE PACKAGE

Companies have come to us before to help them train for running events (Bridge to Brisbane, Brisbane Marathon, Noosa Triathlon, & more). We utilise our programming app and experience to plan, build and deliver fun and engaging training plans for groups to use as a team, build camaraderie, and create a positive experience as they all improve together.



The versatility of this option is almost endless. We have had companies use it for the following:

- Team training program for community fitness events
- Alongside group classes with us to track their training, improvements, recovery, etc.
- Individual weight training programs to improve staff physical condition.
- Sports teams pre-season fitness programs.

KEY FEATURES

- Ability to program group or individual calendars depending on the intended use
- If created as a team, a fun and engaging message section is always full of memes, motivation from the coach and others, and friendly banter.
- We can create leaderboards on exercises or workouts to stimulate friendly competition and increase engagement and effort.
- We can create these programs for any fitness goal. If it is measured, The Training Ground can help you improve it!

3. CLASSES

Whether you utilise our facility, we get outdoors amongst nature, or we come to you, there is a solution, and we can help. we have highly qualified staff that have run the following corporate classes within Wellness Packages with us:

EXAMPLE PACKAGE



- Strength & Conditioning
- Boxing
- HIIT
- Yoga
- Pilates
- Walking/running Groups
- Stretching
- Boxfit
- Muaythai
- BJJ
- Park Bootcamps
- Spin
- Breathwork

PARTICIPANT FEEDBACK

"Genuine surprise in the energy and positivity from training."

"Not having the back and neck pain I was having has been a great surprise."

"The Training Ground has given me a fun, safe & enjoyable place to kickstart my fitness journey. Thank you to all the trainers who made this possible."

"It's been really good seeing the effect doing exercise has had on the people around me".

"I'm looking forward to continuing the journey past this challenge. Everyone has been so helpful and encouraging."

"Great atmosphere, great training staff. Keep up the good work."

"The biggest change is how much more motivation I have throughout the day and the increased strength I have developed."

"I've been procrastinating about it for a while; without the push, it may not have happened. It definitely helped."

"This training has been fantastic. I am so happy the company pays for this for us. What an amazing benefit!"



THE
TRAINING
GROUND

We look forward to creating your company's perfect plan.
Get in contact today:
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