

Workplace wellness packages

There is no doubt that **happy staff = hardworking staff**.

QOL provides the expert services companies need to maintain a workforce with the potential for peak performance. We are able to implement programs through our wellness packages that help to combat not only the physical stressors but also the mental challenges that are present in every working environment. Whilst most people know that keeping fit and healthy is a necessity to succeed, many of us find it very difficult to fit regular exercise and relaxation into our very busy work schedules.

Employers can solve this problem by enlisting QOL physio to make health and fitness part of the company culture.

What is included in the workplace wellness packages?

QOL Physiotherapy has a range of options to suit your company's needs including;

Corporate Pilates

- Pilates mat courses are 1 hour weekly classes over an 8-week term performed onsite at the workplace.
- Classes can be held before or after work or during lunchtime.
- We require a space large enough to accommodate up to 10 people comfortably, such as a meeting room or board room

Corporate Massage

- Massages can be performed either at the workers desk or in a suitable room.
- Employees remain clothed and typically no oils or lotions are used.
- Most commonly treatments are focused on the head, neck, shoulders and upper back but our therapists can tailor a treatment to your needs.
- Massage time can be 15, 20 or 30mins depending on how many staff you have.

Stretch it out sessions

Essentially we are able to offer services to suit any company's budget and safety requirements.

Contact QOL Physiotherapy on **(08) 9345 0842** to discuss options to organise YOUR workplace wellness package today.



Are you ready for a healthy, more active and brighter work environment?

"I love my job but it can be hectic at times. I regularly put in long hours and leave feeling exhausted which means no time for exercise when I get home at night. That's why I am absolutely loving the Pilates classes QOL Physio are now running at our workplace. The classes are held at lunchtime which is not only convenient but it forces me to get up from my desk, a welcome relief from sitting all day! After the class I come back feeling energised and de-stressed ready to tackle the next task. I can't thank my employer enough for signing our company up with QOL physio!"

-Ellen Wong (HR)

Benefits of Workplace Wellness Packages

QOL'S corporate wellness packages hold the key to better health and increased productivity in your company.

Employers benefit from offering both corporate Pilates and massage in the workplace because of the positive outcome they have on levels of absenteeism, productivity and employee morale.

Ensuring health and fitness becomes part of the work culture, employers actually save money in terms of sick pay and costs associated with time wasting and staff turnover.

All company employees suffer some degree of mental and physical stress due to the time they spend at work, whether it is a result of being deskbound, engaged in heavy lifting or performing repetitive tasks in sustained postures.

Corporate Pilates and massage has been proven to;

- **Increase energy levels**
- **Increase fitness levels**
- **Decrease stress**
- **Greatly improve focus**
- **Prevent back, neck and shoulder tension**
- **Improve overall postural alignment**

So why not reward your hardworking employees by taking an active interest in not only improving their job satisfaction but also improving their general wellbeing.



**“QOL HAS WHAT IT TAKES TO
GET YOU AND YOUR
EMPLOYEES STARTED DOWN
THE PATH TO BETTER
HEALTH.”**



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