



Telstra Small Business Awards Finalist

Wesley Corporate Health is proud to have made the finals of the 2005 Telstra Small Business Awards for organisations that employ between 25 and 50 staff.

WCH managing director Neil Holt said the Wesley Corporate Health team was delighted to be one of six finalists in an award that attracted 4200 nominations from around the country.

"We feel it is the culmination of years of pioneering commitment to workplace wellness initiatives and our persistence in getting the 'health matters' message across to both individuals and employers," Holt said.



"And although we were not successful this year we enjoyed meeting many of our clients at the finals dinner and are determined to come back next year.



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Finalist of the 2005 Queensland Panasonic Australia Business Award



Neil Holt (WCH), Judy Marshall (WCH) and Brendan Trewaths (Telstra)

client needs and introduced integrated and flexible services across all divisions. Our Wesley Weight Management Clinic has a strong reputation based on our personal approach to weight management and our positive results. Rehab Dynamics now offers clinical Pilates programs for pain, performance and pregnancy and our latest development the Peak Performance Program has been designed for people who want to enhance their competitive sports performance.

"To maintain our customer focus and allow the integration of our services we have invested heavily in IT infrastructure which has supported the growth of the company in Queensland and allowed us the capability to successfully deliver large national contracts."

Mr Holt said that over the past 15 years the Wesley Corporate Health team had helped literally thousands of people with health advice, some of whom have achieved life goals way beyond what they thought possible," Mr Holt said.

"Wesley Corporate Health has a team of doctors, dietitians, exercise physiologists, physiotherapists and psychologists whose ethos is to make a difference in our clients' lives. And from our client feedback we know this is working"

Mr Holt said Wesley Corporate Health "walked the talk" because "our team members practise what they preach to our clients by maintaining fitness and choosing healthy lifestyle behaviors. Each year we enter team sporting events such as triathlons and everyone has a go and has fun."

"Over the years we have responded to

The QUT Wesley Corporate Health Award

Recently Wesley Corporate Health was proudly involved in the QUT Health Faculty Awards Ceremony for the 2004 academic year. Wesley Corporate Health awarded Sirah Mumtaz with the highest achievement award for a fourth-year graduating Human Movement Studies student for the Practical Component of their degree. Sirah was congratulated and presented with a stunning Mont Blanc pen from Neil Holt the Managing Director of Wesley Corporate Health. This is the 5th year Wesley Corporate Health has proudly sponsored the QUT Health Faculty Awards.



Neil Holt, Sirah Mumtaz and Sheree Richmond



The Wesley Window

Healthy and wealthy closely linked

Wesley Moxey, CEO of the Riviera Group, the hugely successful Gold Coast builder of sleek, luxury cruisers, knows a lot about keeping things ship shape and in good working order, himself included. Riviera has just announced a record first half of the financial year sales of 200 boats to buyers in 30 countries valued at \$142 million.

When Mr Moxey decided to boost the company's knowledge capital and management he enlisted the help of Wesley Corporate Health.

Although he had always been active - he waterskied, played competitive squash and worked out at a gym - the weight crept on as Mr Moxey became more desk than deck bound.

"When I was a tradesman I worked like a drover's dog and didn't have a weight problem but bit by bit I packed weight on because I wasn't burning so many calories in the office," he said.

After undergoing a comprehensive

medical examination, the Executive Health Evaluation, Mr Moxey signed up with the Wesley Weight Management Clinic's program with the aim of shedding 10 unwanted corporate kilos. He immediately enjoyed the feeling of wellbeing that follows the loss of excess and didn't want to stop there, so he sent five key Riviera executives to the Brisbane-based clinic.

he had a Body Mass Index (BMI) of 33-34 which is classed as obese. Six months later he had lost 20kg and described himself as a totally different person.

"I've noticed definite improvements in performance - I am more alert for longer and I don't go home totally exhausted and crash any more. I've always had a natural habit to overwork but now I am managing work by getting greater output in fewer hours.

"I have taken 8cm off my waist and 5cm off my hips, my hydration has improved and my resting heart rate is 46," he says, reeling off a swag of figures to prove the difference a normal weight and exercise has made for his life.



"My own results convinced me to send them to the Clinic. My executive team works very hard and it was something I could give back to them."

Aidan Hughes is Riviera's commercial operations manager. When he went to Wesley Corporate Health in May

Mr Hughes sees his improved work performance and happier self as positive payback for his boss's sending him to Wesley Corporate Health.

As for Mr Moxey, he says his investment has been returned with greater vitality and higher morale among his top executives.

Ready, Steady, go fall proof yourself

Is your balance not what it used to be? Have you had a fall in the past few months? Perhaps you are not feeling as steady or as confident on your feet as you used to. While there are many reasons for a fall, there is a lot you can do to help avoid them.

According to Dr Jenny Nitz, a senior physiotherapy lecturer at the University of Queensland's NABS (Neurological Ageing and Balance Clinic), a decline in balance ability has been found to occur in women after

age 40. Dr Nitz says loss of balance between the ages of 40 and 60, significant loss in the senses we use for balance, and insufficient activity are all major causes of falls.

Stand Tall – Avoid a Fall is a unique exercise program, devised by experienced Brisbane physiotherapist David Peirce, in conjunction with NABS, that begins in August for the first time.

Mr Peirce is the manager of Rehab Dynamics, a physiotherapy clinic

that focuses on the use of clinical Pilates". He was prompted to design for Stand Tall – Avoid a Fall after his older patients who had undergone a course of clinical Pilates for rehabilitation said they had become noticeably physically stronger.

"It is very exciting to be able to offer a course that has so many benefits for people so that they can continue living a healthy active life feeling strong and confident," Mr Peirce said. For details please call: 07 3377 7899

Making a difference

The financial year just completed has been a year of growth and achievement for Wesley Corporate Health. We have opened our 3rd location at Clayfield for the Wesley Weight Management Clinic, increased our range of preventative health services and our staff numbers to 50 to cope with increased demand. Importantly we have worked hard to maintain a strong customer focus with all our team committed, on a daily basis, to making a difference to the lives of each of our clients.



We were delighted to be nominated as a finalist in the 2005 Telstra Small Business Awards for organisations with up to 50 employees. It was a great compliment to all the staff for their commitment to delivering high quality services to all our clients across the year.

Our primary purpose will always be encouraging and assisting our clients to take an active interest in their health and quality of life. No one has to be a spectator to the demise of their own health. Investing in your own wellbeing

will make you a better husband, wife, father, mother, brother, sister, son, daughter and work colleague. By taking better care of yourself, you will take better care of those important people in your life.

All of us at Wesley Corporate Health would love to give you a hand.

Neil Holt
Managing Director

A health evaluation tailored to women

Alarming statistics on the unrecognised prevalence of heart disease and stroke in women has prompted us to launch the Women's Executive Health Evaluation (EHE), a comprehensive health check for women.

One of the first women to undergo the Women's EHE was highly successful business woman, Sarina Russo.

Ms Russo said she had always had annual medical check ups but she switched to the Wesley Corporate Health, EHE, because she had gone through a successful weight loss program at Wesley Weight Management Clinic (WWMC).

"My health is a priority and I recommend an annual test for every woman in business because it is all about prevention – knowledge is power and the more power you have the more successful you will be," said Ms Russo, who has also sent her executives to health programs at WCH and WWMC.

"We are seeing results – there is more energy, more productivity and more loyalty from employees who are doing the program," she said.



Sarina Russo

WCH Executive Services Manager Judy Marshall said the 2004 Queensland Health Determinants report showed Queensland had the highest death rate in Australia from stroke and heart disease, two conditions that are mostly preventable.

"That's why the Women's EHE is focused on prevention and is designed to detect potential cardiovascular problems early so we can recommend medical treatment or lifestyle changes to prevent problems worsening," Ms Marshall said.

New clinic offers safe and long term weight loss

We have expanded our services to the northern suburbs with the opening of a branch Wesley Weight Management Clinic in Clayfield in January.

Strong demand to shed kilos quickly under our medically supervised weight loss programs prompted the opening of the new clinic at Suite 2, Level 1 of "Fig Trees", Sandgate Rd, Clayfield.

The clinic's manager, Alana Roland, said the clinic was already well booked because people were aware that risk factors for diabetes, high blood

pressure or cholesterol, sleep difficulties, arthritis, and back pain increased with excess weight and were determined to gain and maintain a healthy weight.

She said the clinic had opened just as Wesley Weight Management Clinic was celebrating six years in helping busy people shed unwanted, unhealthy kilos quickly and safely.

"As our goal is the achievement AND a lot of emphasis on education in behaviour change and healthy lifestyle habits."



Better Care Today

It's been almost a year since the Better Care program began at Suncorp Business Banking when 70% of staff chose to have a comprehensive health assessment from Wesley Corporate Health and start on the road to better health.

SBB group executive Ray Reimer instituted Better Care for two reasons.

"We saw signs that people were flagging, getting tired so we wanted

to illustrate to staff that it wasn't just all slog and that we cared about their health and work life balance," Mr Reimer says.

"Secondly we wanted staff to be aware of their health status and know if there was something that needed attention so they could take preventative measures."

Mr Reimer said SBB staff were eager to participate in Better Care.

"It wasn't seen as an impediment to their daily routine, in fact it was a case of "when are you coming to my town?" he says of the start of Better Care as the Wesley Corporate Health team made their way around the country to carry out the initial assessments of every single staff member who had asked to be included.

He said some staff had been so delighted with the changes they had made following their health assessment they had emailed to tell him about it.

Why Weight?

"I was dying." That is how 36 year old Brian Taylor describes the way he was just eight months ago.

It's a statement hard to believe because Brian is slim and fit, a picture of health and vitality. But this time last year he weighed 160kg, was sleep deprived and in constant discomfort.

"I was heading towards my death bed. I'd say I only had another couple of years left in me," Brian says matter-of-factly. "I could only sleep sitting up in a reclining



chair, I had sleep apnoea and had to use a machine to keep me breathing and the sheer weight of fat caused reflux, incredible back problems and a hiatus hernia," he recalls.

His life was literally closing in around him and his greatest fear became that he wouldn't see his two and a half year old son, Jack, grow up.

When he came to Wesley Weight Management Clinic with a BMI of 50 and s k y r o c k e t i n g

cholesterol and triglycerides he signed up for the LifeShape long program.

Just over six months later, and Brian says he is a new man who has so much energy he can't find enough to do. He runs 5km a day and he and Jack tend a large vegetable garden where they grow fantastic salads and life giving foods and even keep chooks.

Brian's work performance has improved enormously and he says he is now and equally contributing partner in the electrical contracting business he runs with his business partner.

Brian has gone from "death's door" to "full of beans" in just a little six months and no longer has to worry that his son will have to grow up without him.