



The Wesley Window

Brisbane's first open access physiology lab

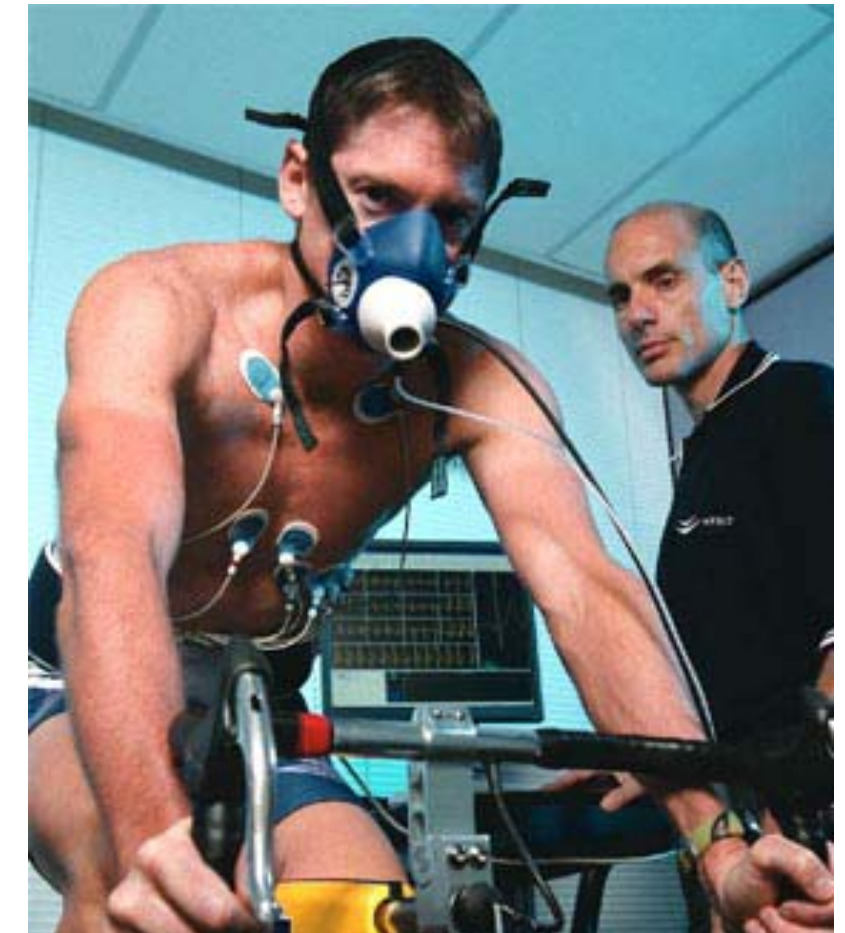
Peak Performance Program

One of the most exciting initiatives this year is the launch of the Peak Performance Program. This is a 75 minute assessment designed to give serious, non professional athletes – the keen marathon runners and triathletes amongst us – a heads up on their physical potential in order to help them train more efficiently.

The Peak Performance Testing program is a boon for busy people who have limited time because it helps them gain maximise returns from their limited training availability.

A key test is maximal oxygen uptake (VO₂max) performed by expired gas analysis. Wesley Corporate Health is the first private wellness organisation to provide this type of testing in Queensland. Previously only elite athletes with scholarships at the AIS or QAS, or those who knew someone in a university sports science lab had access to this type of technology.

As four times World Cup Series triathlon champion Brad Beven, who helped us launch the new service at the Noosa Triathlon, says, "VO₂max is the gold standard in cardiovascular fitness measurement. The VO₂max result and associated tests provide vital information for anyone who is serious about their training. It's like measuring an athlete's 'engine' - once you know the engine's capacity, or a person's physical potential, you then know how to tune it to optimise performance. It shows where you are in your training and how you can maximise your performance by indicating the level you should be training and recovering at".



Brad Beven, VO₂max testing

The Peak Performance Program provides a completely personalised service to gather all the necessary data (i.e. physiological, nutritional and biomechanical) to help aspiring amateur athletes train towards and compete at their full athletic potential.

- Testing options
- VO₂max on a bike or treadmill
 - lactate-heart rate velocity testing
 - gait analysis and shoe recommendations
 - biomechanical analysis for cyclists
 - dietary review and recommendation
 - strength and flexibility assessment
 - body composition
 - core stability assessment

Success Story

Losing weight the catalyst for a new life

If you had told Susan Mahon just a year ago that she would love running and complete the Gold Coast half marathon, she would have "laughed at the thought".

Doing things she had never thought possible, like wearing size 10 and 12 clothes again, are all part of Susan's 'new' life since she shed 23kg on a medically supervised program with Wesley Weight Management Clinic.

Susan's progress was monitored weekly and she worked with Wesley Weight Management Clinic staff to maintain the program and set and keep to new goals.

It took Susan four to five months to lose 23kg which haven't come back, thanks to her new found love of running and changed eating habits.

"The value of losing weight with the Wesley Weight Management Clinic was the 'whole of lifestyle' approach that the clinic provides and the level of support that the staff willingly provide to you during and after your weight loss."



Sleep and the stop-start snorer

Executive Health Evaluation Update

If people complain to you about your loud snoring – sit up and take notice. Ask yourself if you wake in the morning feeling as though you've hardly slept, if you fall asleep during the day, if you find it hard to concentrate. These are all symptoms of poor quality sleep as the result of Obstructive Sleep Apnoea (OSA) whose key symptom is loud snoring that starts and stops repeatedly through the night. Do not ignore these symptoms because poor quality sleep can be a major risk factor for heart disease, strokes and depression, as well as reducing work performance and straining personal relationships.

OSA occurs when part of the throat relaxes and completely closes off the airway. Apnoea means 'no breath' and an apnoea episode can be long enough to cause a drop in blood oxygen levels that strains the heart and circulation. Apnoeas can occur hundreds of times a night and the sufferer may be unaware of sleep disruption which is why it is usually the sleeping partner, or a neighbour who draws attention to the loud snoring.

OSA should be treated promptly because apart from the long term health effects, severe daytime tiredness can cause you to fall asleep at the desk, with clients, in meetings and even worse, when driving.

Besides snoring, OSA indicators include:

- Weight gain - 20% over ideal body weight. A collar size of 42cm or more in males
- Evening alcohol use
- Nasal obstruction – old fractures, nasal polyps, hay fever or enlarged tonsils.

OSA can be treated and WCH is now assessing executive clients for signs of sleep apnoea. Where the Executive Health Evaluation indicates, clients are being referred to the Sleep Specialists in the Wesley Medical Centre who can accurately diagnose OSA and its severity and offer the right treatment.

Stop Press

Cardiovascular disease and cancer contribute to 75% of all cause mortality

For Queensland adults between 20 and 75/years of age, 55% males and 41% females are overweight or obese

Health Determinants Queensland 2004- at a glance.

Starlit opera

How better to promote psychological wellbeing than exquisite music in a glorious setting? Earlier in the year Wesley Corporate Health and Opera Queensland got together to raise funds for St Ignatius school in Toowong with "Opera at Goldicott". We enjoyed an open air, evening performance of many well known light opera pieces sung by Opera Queensland's "Choice Voices" in the magnificent, leafy surrounds of Goldicott, the Mount St Mary's Convent in Toowong. Our guests included Mr Tim Netscher, COO of BHP Billiton-QNI and his wife Carol.

Neil Holt, Carol Netscher, Geoff Holt, Tim Netscher, Anne Decker and Natalie Willson



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Weight Management update

The Wesley Weight Management Clinic has continued to undergo significant growth throughout 2004. Our dietitians now number 13 with a corresponding increase in the behind the scenes support staff. Importantly our clients continue to achieve outstanding results with our average weight loss of over 22 kg, maintained for at least 6 months in our heaviest group.

We are looking forward to opening our 3rd clinic in Clayfield in January which gives us the opportunity to better service our northside clients. We believe our best promotion comes from the success of our clients and their delight in achieving healthy lifestyle goals. They are a feature of the promotion of our clinic and we are very proud of their success.

Please refer to back page and read about our current success story, Susan Mahon and visit www.weshealth.com.au to read more.

Making a Difference

Welcome to our final newsletter for 2004. This year has been our busiest on record as we are expanding our services across all divisions. Whilst we have worked hard to promote the benefits of preventative health to our clients and the community, there has also been a big surge in the amount of media attention in health-related issues from obesity and diabetes across all age groups to the expected boom in age related health costs. The Courier Mail headline for 25th November 2004 is 'Greying nation facing huge bill' and the need for taxpayers to fund an additional \$2,200 billion in health services between now and 2045. By then, 1 in 4 Australians will be over the age of 65.

Preventative health has a peculiar challenge. Across our organisation we generally see people who feel well and their degree of engagement about their future health risks varies from "thanks for the assessment, I'm OK" to "tell me exactly what I need to do". Our

challenge is to engage all our clients in the value of investing in their health, and as many of us will be retired for up to 20 years, we will want that to be quality time.



In order to meet that challenge, our organisation of some 50 health professionals and support staff, has committed to a company wide vision 'to make a difference to the live of every one of our clients'. To make that

vision a reality, our everyday behaviour is underpinned by our values of professionalism, passion, quality and teamwork in everything we do. I hope you see those values demonstrated in your contact with us.

Thank you for your support over the last year and on behalf of all of us at Wesley Corporate Health have a healthy and happy festive season.

Neil Holt
Managing Director

Spreading the wellness message

With Gold Coast City fast becoming an economic force in Australia, we headed south earlier in the year to spread the word about our health and wellness services to the Gold Coast business community. In preparation for opening a Gold Coast branch, we hosted a lunch attended by Gold Coast Mayor and former Olympian Ron Clarke and key business and government figures at Palazzo Versace. Key Gold Coast business attendees were Mr Wes Moxey, Managing Director of Riviera,

Mr Brad Johnston of PRD Nationwide Commercial and Ms Sarina Russo.

Mr Moxey said that part of looking after the knowledge capital and management capability of Riviera was investing in the health and wellbeing of his management team.

Neil Holt, Mayor Ron Clarke, Geoff Holt after the board room luncheon



Employers urged to get real about their role

Alarming figures about the poor health status of Queenslanders contained in the government report card on health earlier this year remind us that employers have a role to play in improving employees' health. Queensland Health's Health Determinants report found 59% of women and 50.9% of men do not get enough exercise and those figures are on the rise in the midst of our much publicised obesity epidemic. Lack of physical activity is estimated to have caused 646 deaths in the two years to 2001. Alarmingly, more than 50% of adult Queenslanders are overweight or

obese and if current trends continue that figure will rise to 75% by 2020.

The findings highlight the need for employers to become proactive in promoting their employees' health and wellness because, as it is often reported, Australians work amongst the longest hours in the world. Employers must recognise their responsibility for promoting wellness programs to help combat rising risks of obesity, heart disease and depression.

Wesley Corporate Health's medical director, Dr Geoff Holt, says a number of enlightened Queensland corporates have instituted workplace health and

wellness programs recognising the economic benefits of a healthy and productive workforce.

"Suncorp Business Banking, for example, introduced Better Care in April which actively encourages individual staff to take charge of their health through lifestyle plans formulated after individual assessments in consultation with the employee," Dr Holt said.

"In my experience the best employees are the ones with a positive outlook on their health and work. They are energised and have a positive influence on their colleagues."

Boral helps employees to BWell



Wesley Corporate Health has joined forces with Boral Ltd and HCG to offer Boral's 10,000 Australian employees a workplace wellness program that is one of the largest scale corporate health programs in the country. Named BWell (Boral Employee Wellness Program), the voluntary program offers all employees annual health and wellness assessments that monitor such wellness indicators as blood cholesterol and glucose, blood

pressure, percent body fat, lung capacity, vision and strength and flexibility. Individual reports are confidential and provided only to the employee concerned to enable them to monitor their own health trends, while Boral receives an overall picture of "wellness" within its six divisions nationwide. BWell also includes health awareness programs on emotional well being, sleep and energy management, weight management, cancer prevention and more.

Noosa Triathlon Success

Wesley Corporate Health put in a fantastic showing at the Noosa Triathlon for the third year in a row. Our WCH team of Brad Beven (swim), Rod Cedaro (run) and Sheree Richmond (cycle) came 7th in the open mixed teams. Five Holt brothers participated this year with Dr Geoff Holt, Wesley Corporate Health's medical director, coming in the fastest of the five with a time of 2hr 20mins, an improvement of five minutes on his 2003 performance. Our staff put in some great performances with our dietitian and exercise physiologist Sally Anderson doing a great time of 2hr 26min. Wesley Weight Management Clinic dietitians Jackie Berghofer, Mandy Pike and Andrew Resetti also put in an excellent effort as well as our administration team of Lisa Statham and Kristen Law. Chris O'Shea, a Wesley Weight Management Clinic client made us all proud with a time of 2hrs 36mins.



Brad Beven, Sheree Richmond and Rod Cedaro

Marcelettes cycle to glory

Wesley Corporate Health's super cyclist Sheree Richmond has been on a winning streak this year. Sheree and teammate Wendy Habermann took silver in the Elite Women Pairs 30km Time Trial in the National Road Cycling Championships in September. Sheree and Wendy are part of the Rehab Dynamics-sponsored Marcelettes Female Racing Team, whose members won five of the 12 Elite Women's medals of the meet.

In July the Marcelettes cycled the gruelling and windy 40km Laidley State Road Team Time Trials in 55.08 minutes, winning the Senior Women's State Road Team Time Trial by 43 seconds, their second title in a row.

The Marcelettes team is comprised of seven professional women who all hold demanding full-time jobs but who manage to fit training into the start of the day, each covering up to 350km a week. It is named after coach Marcel Bengtson of MB Coaching.

Marcel got behind women in cycling in 2001 because he felt they were underrepresented in racing compared with their male counterparts "by getting more women training and racing, it allows the girls to have good quality events and fields whereas previously they had to compete against men".



Wendy Habermann and Sheree Richmond displaying their win.