



wesleywindow

the quarterly newsletter of health and wellbeing SUMMER 2008

making a difference



The New Year always brings resolutions and plans to the fore. For us these are the same every year – to make a difference to our clients' lives. It's what we thrive on and it's what we do best.

Our Weight Management Clinic's motto is 'Changing Waistlines, Changing Lives'. This may sound ambitious, but when you read the stories about mental health campaigner, Anne Garton and photographer, Matthew Wiggins, you'll gain an insight into how we do it.

In the theme of resolutions we're determined to make 2008 our best year yet. We've expanded into Toowoomba and the Sunshine Coast and appointed Olympic gold medalist, Duncan Armstrong, as our Ambassador for good health.

On behalf of the team at Wesley Corporate Health I would like to wish you a Happy New Year. Please enjoy the Summer 2008 edition of the Wesley Window.

Neil Holt
Managing Director

wesley corporate health appoints ambassador

Wesley Corporate Health has appointed Olympic gold medalist and swimming legend, Duncan Armstrong, as its Ambassador for good health.

Managing Director, Neil Holt, says he is delighted to appoint Duncan because of his interest in keeping fit and his ability to inspire others.

“Duncan has been actively involved in professional sports for many years and knows the benefits of exercise and healthy eating. He is also an inspiration and an excellent role model to everyone who wants to be at their best when it comes to their weight, health and wellbeing.”

Duncan says he is honoured to be appointed Ambassador.

“Wesley Corporate Health helps people develop healthy lifestyles choices and I am a firm believer in this same principle. During my professional swimming career I came to understand the benefits of health programs so it was a natural fit.”



Wesley Corporate Health Ambassador, Duncan Armstrong



clinic **expands** into toowoomba and sunshine coast



Toowoomba Dietitian, Jeanna Shepherd

Wesley Weight Management has made its first foray into Toowoomba and the Sunshine Coast with the opening of two new clinics.

Located at the St Andrew's Medical Centre in Wilsonton and Wisers Road in Maroochydore, the clinics are Wesley's seventh and eighth in Queensland.

Clinic Manager and Dietitian, Nicola Moore, says Wesley Weight Management has a vision to expand to help people establish healthier lifestyles.

"We found that the number of Sunshine Coast and Toowoomba-based clients signing up was increasing. Now they won't need to travel to Brisbane for each appointment.

"Most of our clients lead very busy lifestyles and it's part of our philosophy to integrate our programs into our clients' lives."

To make an appointment at **Toowoomba** or the **Sunshine Coast** call **1800 567 348**.

will you be caught out by the flu?

Influenza thrives in the office environment, costing Australian businesses an astounding 1.5 million working days each year.

The Influenza (or flu) virus causes symptoms such as fever, chills and sweating, leg and back pain and respiratory infection. Affected employees will be absent for an average of three to five days with lowered productivity (or 'presenteeism') for up to two weeks.

So how can employers protect themselves from an Influenza outbreak in 2008?

Wesley Corporate Health Vaccination Service Coordinator, Larissa Morrison, says,

"Flu Vaccinations reduce sick leave by an estimated 36%! So for an average cost of \$25 a person, our onsite Workplace Vaccination Service is a great investment."



On site vaccinations

Larissa says that summer is the ideal season to contact Wesley Corporate Health as it's a great time to formulate a strategy for reducing absenteeism and presenteeism.

"We educate employees to combat commonly held (and false) beliefs that the vaccine is live or causes illness. In actual fact side effects are rare, and when they do occur they are often as insignificant as redness at the injection site."

"Our efficient and friendly nurses use the latest vaccine technology to reduce reaction at the site of injection. Last year the overwhelming feedback was that recipients didn't feel a thing!"

To maximise immunity, Wesley Corporate Health vaccinates from March to May. For more information or to make a booking, call **3377 7802** or visit **www.weshealth.com.au**

mathew's new found confidence

Meet Mathew Wiggins – a 28 year old aspiring photographer and inspiration to the 7.3 million Australians struggling with weight problems and the one Down Syndrome child diagnosed in every 890 babies.

10 months into a 12 month program with Wesley Weight Management's Southport Clinic, Mathew has lost more than 41kg, reached his target weight of 80kg and achieved a new level of independence in his life.

Mathew was referred to the Clinic by a Specialist after numerous other weight loss strategies failed. Mathew's mother, Linda says,

"Because Mathew has a shorter neck from the Down Syndrome and also cannot associate the short term satisfaction of eating with the long term weight gain, he was putting on an unhealthy amount of weight. As a result he was beginning to develop sleep apnoea and other health issues.

"The Clinic was our last hope before lap-band surgery and the purchase of a sleep apnoea machine which he would be forced to use for the rest of his life. So losing this weight really was a saving grace."



Before

In addition to the health benefits provided by the weight loss, Mathew has improved his confidence, expanded his horizons and takes pride in his personal appearance – buying trendy surf clothing to fit his re-shaped body.

Southport Clinic Manager, Bianca Neaves, is very proud of her client's achievements. She says the key to helping Mathew lose weight was increasing his sense of control with an eating plan and helping him to understand his motivations for eating.

"Mathew took our dietary advice and altered his shopping list to suit, trying different foods and beverages."

With a new lease on life, more energy and healthy sleep patterns, Mathew recently presented his first solo exhibition of his photographic works. Entitled 'Through My Eyes', all proceeds went to the Down Syndrome Association.



Mathew displays his photographic works

Mathew says, "I want to help other people like me get jobs and become independent. I am very passionate about being a role model for other people, especially when it helps the people who have helped me."

Wesley Weight Management Southport staff attended the exhibition to support Mathew.



a passion for pilates

anne garton – living her dream



Michael Fielding

Musculoskeletal Physiotherapist and Pilates educator, Michael Fielding, recently joined the team at Rehab Dynamics.

Michael brings enormous energy to the Rehab studio with an enthusiasm for Pilates and its power to change people's lives.

With more than seven years' experience teaching Pilates to UK Physiotherapists, Michael continues to lecture to the Australian Physiotherapy and Pilates Institutes. His passion for education ensures that his clients benefit from an improved awareness of their movement patterns.

Michael has a background in elite level swimming - a great resource for clients wanting Pilates programs to improve their sports performance.

To book a **Physio** or **Pilates** session with Michael call **3377 7899**.

When triathlete and mental health campaigner, Anne Garton, qualified for the International Triathlon Union World Championships in Hamburg, Germany last year she realised her dream. However a lack of funds meant that attending would remain just that - a dream.

Wesley Corporate Health Managing Director, Neil Holt, found out about Anne's plight and decided to help her get to Hamburg. He recalls,

"I was inspired by Anne's positive attitude and tenacity. As a mental health awareness spokesperson she has raised the profile of the disease in Australia. I was very impressed when she spoke about her eight year battle with mental illness and how exercise, in particular triathlon, has provided a means to regain her life."

Neil contacted MMM Radio and presenter Ian Skippen and The Cage Breakfast Team agreed to put fellow presenter, Greg Martin, on a training bike in the studio. He had to cover 80 km with Anne riding alongside him.

Listeners were touched by Anne's story and donated more than \$20 000. She says,

"I was overwhelmed by the support provided by Wesley Corporate Health and the wider community."



Anne flies the flag for Australia

Anne donated \$3000 to fellow mental health sufferers and used the remainder of the funds to upgrade her bike, helmet and shoes to an elite standard and take her parents, as her carers, to Hamburg with her.

Anne's race preparation was fine tuned at Wesley Corporate Health's Peak Performance Lab. Exercise Physiologist, Rod Cedaro, optimised her training schedule and within eight weeks Anne was recording personal best times.

On race day Anne displayed characteristic tenacity, battling the flu to place a credible 42nd out of 84 of the world's best athletes. Her proudest moment was placing 14th in the run leg, giving her the confidence to requalify for the World Triathlon Championships to be held on the Gold Coast in 2009.



better health, better people

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