



wesleywindow

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queensland premier opens new suites

With one in four executives retiring prematurely as a result of ill health, Wesley Corporate Health's recent expansion into the Brisbane CBD is timely.

The new suites, officially opened on 30 June by Queensland Premier Anna Bligh, cater for the health needs of busy professionals in one central location.

The suites house medical consulting rooms, fitness assessment laboratories, a boutique wellness centre and a weight loss clinic to provide thorough, efficient and convenient health screening.

Addressing 90 Wesley Corporate Health guests and staff at the suites' official opening, Premier Bligh lauded Wesley Corporate Health's new facilities as world class and commended its preventative health programs as visionary in light of Queensland's Q2 Health Goals,

"Queensland's health statistics are grim and require urgent action. We have the highest rates of death from skin cancer and the second highest



Queensland Premier the Hon. Anna Bligh with Wesley Corporate Health Managing Director Neil Holt (right) and Medical Director Geoff Holt (left)

from heart disease and stroke in the nation. And the burden of preventable chronic disease in Queensland is predicted to rise by more than 20% between 2006 and 2016.

"In my Government's Q2 goals we set an ambitious target: to reduce levels of obesity, smoking and drinking in Queensland by a third. I want Queenslanders to be Australia's healthiest people by the year 2020.

"Queensland businesses can help to achieve these health goals by investing in the power of prevention. An investment in the health of their staff is an investment in the health of their business."

(Continued overleaf)



queensland premier opens new suites



Queensland Premier the Hon. Anna Bligh addresses guests

Speaking at the opening event, Cardiologist and Medical Director of Wesley Corporate Health, Dr Geoff Holt, echoed the Premier's comments,

"60% of deaths worldwide are related to obesity and co-morbidities such as Diabetes and vascular disease.

Appropriate screening and risk reduction strategies can reduce heart attacks, stroke and aneurism by 80%, with two factors contributing equally: firstly intervention and medication and secondly lifestyle change."

Executive Health Testing

Wesley Corporate Health Doctor and General Practitioner, Dr Cherri Ryan, is a member of Wesley Corporate Health's team of health professionals based at the new suites. This team includes Doctors, Medical Specialists, Exercise Physiologists, Dietitians and

Psychologists. Dr Ryan believes that Wesley Corporate Health offers its executive clients a unique service,

"Every executive we see receives two hours of focused, one-on-one health professional care.

"During the health assessments we integrate information about executives' physical and psychological health with their medical and family history; allowing us to identify and explore any health risks.



Dr Cherri Ryan with colleagues Dr Andrew Pearson (left) and Dr Jim Griffin (right)

“We then look for opportunities to *enhance* their health and wellbeing.

“After all, we don’t just want our executives to live to the age of 80. We want them to be fit, healthy and *enjoying life* when they turn 80!”

Dr Ryan believes that every executive has something to gain from visiting Wesley Corporate Health,

“15% of our new executive clients require an urgent medical referral and a further 73% require non-urgent referrals.

“These referrals are often for serious diseases such as cardiovascular disease and cancer. They can also be for lifestyle-related conditions such as stress, poor diet and exercise habits and sleep disorders.

“When we have identified executives’ health risks, we can liaise with their General Practitioners if appropriate; facilitating the ongoing management of their health.”

Dr Ryan believes that the benefits of a comprehensive health evaluation extend beyond the identification of health risks,

“We find ways to *enhance* the quality of life of all of our executives. And that’s ultimately what our service is about.

“We teach our clients how to reduce their risk of developing cancer, keep their weight in a healthy range and maintain their cardiovascular health.



Queensland Premier the Hon. Anna Bligh officially opens the new centre

We want them to remain fit and healthy - for life.”

Speaking at the opening event, Wilson HTM Executive Chairman Steve Wilson thanked Wesley Corporate Health for running his company’s executive health program,

“Wesley Corporate Health saved the lives of two of my staff members by alerting them to serious medical conditions that they were unaware of.”

Mr Wilson affirmed his belief that healthier, fitter people make more productive staff members,

“It’s a key part of work life balance: the bigger the investment, the bigger the reward.”

For more information about Wesley Corporate Health and its new Brisbane CBD suites, call **3234 2600** or visit www.weshealth.com.au

Wesley Corporate Health Services

- Annual comprehensive medical assessments targeted to executives
- Health screening assessments performed at the workplace
- Medically supervised weight loss programs through the Wesley Weight Management Clinic available for individual staff members and groups
- Organisational health surveys and audits
- Skin health checks
- Influenza vaccinations
- Health fairs, seminars, demonstrations and newsletters
- Health consultancy
- On site gymnasium supervision
- Peak Performance testing for the corporate athlete.



wesley wellness centre exclusive health and fitness

Located in the heart of the Brisbane CBD, the Wesley Wellness Centre provides a sanctuary to work on your most important asset: your health. Offering a superior quality of comfort and service, the Centre provides an efficient training space in an executive environment.

The Centre features top of the range Life Fitness cardiovascular and strength equipment and a complete range of free weights. Foxtel is streamed to each piece of cardio

The Centre is supervised by a health professional at all times and membership includes a tailored personal training program.

Depending upon the level of membership, clients can access a range of health assessments with an Exercise Physiologist, a fitness assessment at Wesley Corporate Health's sports performance testing laboratory The Peak Performance Lab or an annual executive health assessment.

Wesley Corporate Health is currently offering a free two week trial membership of the Wesley Wellness Centre. For more information call 3234 2600.



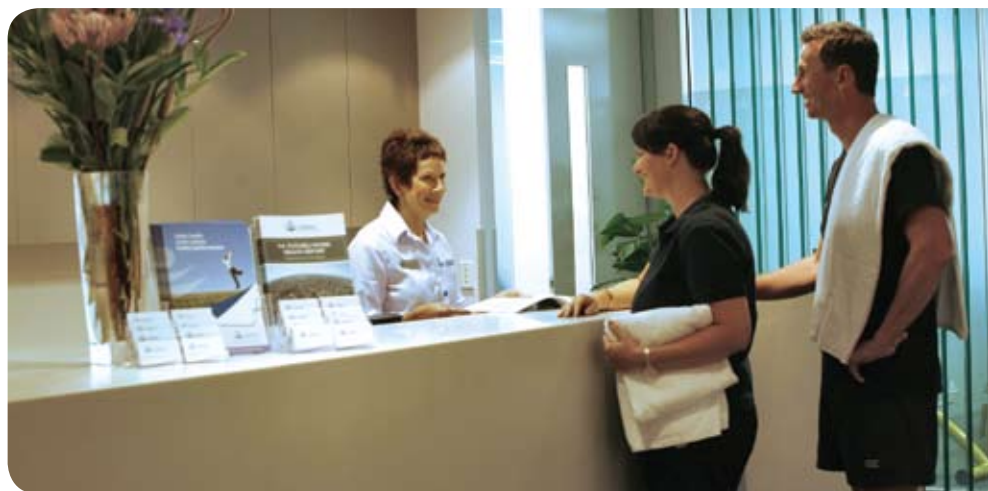
The Centre is supervised by a health professional at all times

With executive amenities, the Centre offers a superior quality of comfort and service



Top of the range LifeFitness equipment allows data logging of sessions

equipment and the exercise data can be stored on a USB, offering advanced data logging of sessions.



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