



exercise institute

Onsite Corporate & Staff Fitness Development

Exercise Institute are experienced providers of indoor and remote fitness options for business and large corporations. Our indoor training facility provides excellent training options for improving cardiovascular and strength benefits for any ability levels. Aspects of this facility are mobile and able to be located to your own corporate or office environment for ease of testing/training access

On-site Exercise Testing and Training

The Exercise Institute have recently been able to provide on-site exercise testing for corporations involving a health and wellness initiative which educates staff members around streamlining exercise time for maximal advantage. This involves the delivery of highly calibrated indoor exercise bikes to the corporations' workplace, where individual testing and training of staff members is completed.

The initiative entails a measurement of each individual's fitness level then tailors an interval protocol to their own fitness level. This is completed for every staff member in groups of 3 at a time. Recent research has demonstrated how 20 mins of intermittent interval work can equal 30-40 mins of steady-state walking or running. The protocol outlines how time-poor people can get the most out of their exercise with the limited time they have.

We follow the physical testing with instruction around how to apply this form of training to real world exercise scenarios including running, walking, swimming, cycling etc.

Finally, we provide a 40 min health and wellness seminar to staff members, outlining how physical exercise can improve measures of health, wellness, workplace productivity, mental stress and well-being. This outlines how the concise exercise techniques can improve quality of life within a very finite training time.

This package can be tailored to any corporation and delivered on-site to your work premise.

Please read the subsequent page for further insight into the benefits of corporate health and wellness

Corporate Health

Organizations that promote health programs see returns to employee productivity and return on investment (ROI) within two to five years (National Healthy Worksite, 2012a; Wicklan, 2005). Benefits come in the form of reduced absenteeism, lower health and life insurance premiums, improved safety records, reduced short- and long-term disability, and increased productivity (Incentive Research Foundation, 2011; National Healthy Worksite, 2012a; Partnership for Prevention, 2005).

How much Fitness is needed?

Research over the past twenty years confirms positive connections between physical activity and cognitive functioning (see for example Tomporowski, 2003a). Evidence is clear that increased blood flow through physical activity stimulates brain activity, strengthens memory, and enhances concentration (Hillman et al., 2008; Trost, 2009). Evidence suggests that adults might benefit even more than children from the positive effects of physical activity.

Contemporary recommendations suggest 30mins- 1hour of activity per day, however we realise this is grossly unsustainable for a busy individual!

How can Exercise Institute Help?

Recent advances in exercise programming research have demonstrated that by measuring an individual's individual fitness capacity (Vo2 max power) and applying this to short repeated bouts of exercise intervals (1-3mins) can fast track the rate of adaptation up to 3 times that of steady moderate exercise. The art here is in being able to accurately measure each individual's unique fitness then apply that to their own exercise programming.

Testing and training can be completed onsite at your own office or corporate environment, or at our training facility in West Perth.

Exercise Institute is conveniently located in West Perth. We are able to test and train your employee's through before, during (lunch time), and after work hours as part of your corporate health and well-being requirements.

Individual sessions start from as little as \$30 for a one hour session.

Example West Perth program

Monday- initial baseline testing, one hour

Wednesday- tailored intervals to 90-95% of the individual's aerobic capacity

Friday- follow up test to ascertain fitness gains and shorter intervals of 85-90% of aerobic capacity

Please contact training@bradhall.com.au or 0424894483 for more information

www.exerciseinstitute.com.au

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