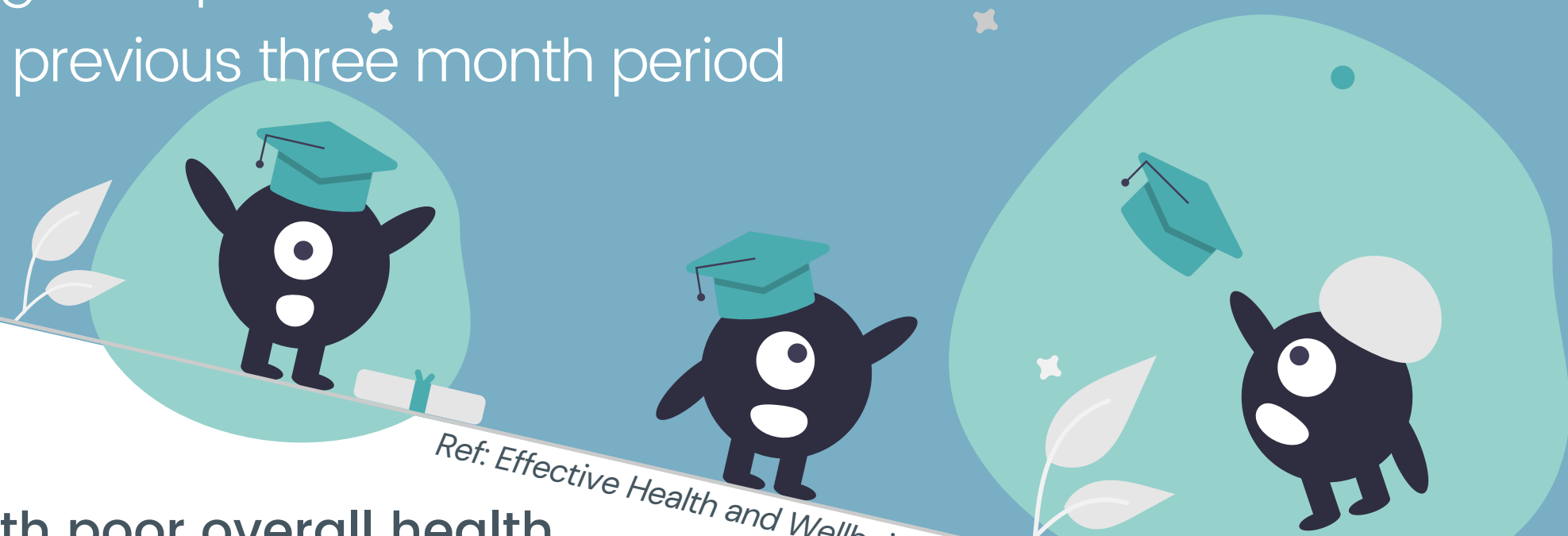


Statistics on the Australian population reveal that 10% of people are completely inactive, 46% live on high fat diets, 62% are overweight, 53% feel overwhelmed by stress, >50% do not get enough sleep, and 21% suffered from a medical condition in the previous three month period



*Ref: Effective Health and Wellbeing Programs Report, Comcare, accessed 2021*

Are you aware that employees with poor overall health take up to 9 times more sick leave than their healthy colleagues & that healthy staff are nearly 3 times more productive than staff with poor health?

**Nabenet can team with your organisation to provide essential health education sessions that can compliment your existing health & wellbeing program**

Nabenet can create a bespoke training package for your organisational needs with commonly selected topics as outlined:

- COVID-19 and impacts on mental and physical health
- Stretching, flexibility, and ergonomics
- Nutrition, healthy eating habits, and weight loss
- Stress management and wellbeing
- Physical activity, fitness, and exercise prescription
- Sleep fatigue
- Heart health
- Sun care
- Fit for life, fit for work

Training packages are fully customisable and can run between one-hour or a half day session depending on your needs. All sessions contain evidence-based information which is delivered in a practical, relatable, and hands-on way. Train-the-trainer models are also available.

All training is delivered by accredited and highly experienced allied health staff with backgrounds in Exercise Physiology, Physiotherapy, Occupational Therapy, Osteopathy, Psychology, and Counselling.

[Contact us for a quote](#)

Contact us to book your service today

# Contact us today to see how we can support your organisation

Nabenet has been a leading independent provider of workplace health, wellbeing, and injury management services across Victoria since 2002. Offering personalised service, professionalism, and care, we are occupational health experts who understand the needs of both workers and businesses.

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