



MENTAL FITNESS AT HOME.

1. Health Promotion - monthly packages targeting current critical topics:

- Mental fitness - proactive strategies.
- Immunity system boosters.
- Sleep and the human body clock (Nobel prize winning research into how critical it is to work with our body clocks for optimal health).
- Joining the Dots - between health, injury risk and mental health.
- Little Wins Big Results - never has there been a more stark reminder of the need to take OWNERSHIP OF YOUR PERSONAL HEALTH AND WELLBEING! Besides the elderly, those most vulnerable are individuals with chronic health conditions.
- Home ergonomics and long term physical capacity.
- Isolation tips - family harmony.
- Home exercise routines.
- Healthy cooking and recipes.

Note - all of the above topics and more are available as webinar topics

Each health promotion pack includes:

1. A 2 minute video
2. An accompanying quiz and reminder handout (which can be printed and put on the fridge!).
The quiz can be a simple, extraordinarily low cost morale boosting exercise, where every correct entry goes into a simple prize draw (for something very tangible right now like an Uber Eats voucher etc).
3. Weekly Live Well and Eat Well Tips (drip feed reminders of the monthly topic):
 - Short and compelling facts aimed at prompting behavioural shifts
 - Delivered via email, text or via your internal social media platform
4. Lifestyle Matters - monthly newsletter. Key facts and statistics around the major controllable lifestyle factors that influence our health:
 - Sleep
 - Nutrition
 - Movement
 - Hydration
5. Recipe of the month



2. Webinars

- On all of the above options and a range of others

3. Home based health assessments and practitioner video consultation:

- Health Risk Appraisal
- Relevant biometric testing (with available home equipment ie: waist measurement, blood pressure machine, flexibility testing)
- Results discussion with Health Practitioner
- The immediate provision of education resources based on risks identified
- Personal action plan created collaboratively with the practitioner

4. Video health coaching (and/or injury prevention). Monthly 10 minute video consultations:

- Checking action plan progress
- Checking progress against measured risks
- Re-setting actions
- Providing further resources/materials as required

