

Over 70,000 Victorians have taken the first steps to better health with the Life! program.



ONLINE

Workplace Health & Wellness Program

100% Funded by the Victorian Government



Healthy Eating
Habits



Exercise + Fitness



Sleep, Relaxation
+ Mindfulness



Stress Management
+ Mental Wellbeing

The Health & Wellness *Life!* program will equip you in;

- ✓ Evidence -based, simple and effective lifestyle modifications
- ✓ Achieve and maintain a healthier weight for you
- ✓ Best exercises to support a healthy metabolism, & increase energy & fitness
- ✓ Strategies for stress management, mindfulness & improved sleep quality
- ✓ Nutritious meal planning, including healthy food swaps & hacks
- ✓ Motivation & strategies to fit exercise into a busy lifestyle
- ✓ Debunking myths of popular diets to help clear nutrition confusion
- ✓ A dedicated team of expert health professionals ready to support you on your journey to better health.

PROGRAM STRUCTURE

- 📱 1x phone or 🗣️ online 1:1 Initial Consult*
- 🗣️ 6x online group sessions
- 📖 1x FREE evidence-based e-Manual

Note: any live Zoom sessions missed can be sent via recording for your convenience + phone catch up
* Eligibility criteria applies

TESTIMONIAL

"Equip4Life has delivered a comprehensive health and wellbeing program for our team, in a format that was both engaging and easy-to-understand. The presenters were knowledgeable and welcomed questions along the way to ensure everyone was able to get the most out of the program. Best of all, the program was delivered at no cost to our business or our team, making it an extremely cost effective way for us to support our lifestyle and wellness goals."

Bakers Delight

GIFT FOR YOU

Online Mat Pilates and Cooking Sessions for ALL staff upon program commencement!



equip4life.com.au/workplace



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Check out more
testimonials
on our webpage!