



HEALTHSTYLE HUB

The HealthStyle Hub is a state of the art, interactive health and wellness portal that delivers cutting edge content to employees when they need it most. Content is accessible via articles, downloads, podcasts, tools and programs and is 100% evidence based and quality assured.

The HealthStyle Hub aims to support employees via four main principles:

- 1. Check:** Allows participants to identify their specific level of risk when it comes to health and wellness.
- 2. Learn:** Helps the participant understand what their level of risk means in every day language relevant to the user.
- 3. Enable:** The Hub leverages the sciences of human behaviour and habit formation. As a result the Hub strives to assist users towards actively engaging in reducing their risk profile.
- 4. Support:** The Hub not only supports individuals in maintaining healthy lifestyles but also supports organisations in managing their wellbeing programs through a range of educational, strategic and reporting.

What's in the box?

This state of art, health improvement system has a number of unique features that make it one of a kind. These include:

Powerful data management system: The Hub knows who will be interacting with the system and where they belong within your company. Data collected via the system will be aligned with your own desired reporting structure, any activity or area measured via the hub can be analysed against this structure.

Customisable: The site is branded with your organisations image. Company specific content, program information, onsite initiatives, sign up forms can be deployed also making the Hub an employee's one stop shop when it comes to your workplace wellness program.

Content: High quality, evidence based content is available under the following categories - Fitness, Weight Loss, Nutrition, Emotional Wellbeing and Living Well. Content includes articles, fact sheets and mp3 downloads.

GetFit activity tracker: A state of the art activity monitoring system. The system monitors all modes of exercise, converts pretty much any form of exercise into steps, allows you to run a pedometer based challenge and tracks and reports on your teams and companies progress, all from within the hub.

Behaviour change programs: Behaviour change programs are included within the Hub. Below are just a few examples of the programs available:

- The PushUp Program: a prescriptive strength program aimed at assisting people increase functional strength via the science of progressive overload. The program is customised to the participants starting ability.
- The GetFit Program: a program designed to assist the beginner to increase their physical activity, the novice to prepare for their first fun run or the experienced runner to increase their ability from a 5km to 10km. Not only does the program contain prescriptive exercise, but also includes motivational strategies, nutritional advice and goal setting to assist participants achieve their goals.
- The LiveWell Program: a state of art, behaviour change based, lifestyle improvement program. The LiveWell program is a 52 week, 4 stage program that aims to support participants over the course of a year to improve their wellbeing and reduce health risks.

A cutting edge, industry leading platform...

We believe the Hub is the leading workplace wellness platform available. It's not just a health site. The Hub has been specifically designed to support workplaces pursue improved health for their employees. The Hub is constantly evolving. This evolution is driven by advancements in technology, health research and most importantly our partners needs.

Finally, the key point of difference is that the Hub is backed by health nuts. That's right, we aren't IT gurus, although we work with some of the best. We are all experts in the way lifestyle influences health and how the workplace can promote wellbeing.

For more information, visit **healthstyle.net.au** or call **02 4016 0318**