



bodybrilliant
chiropractic

Your Workplace Health Solution



bringing
out the
best in
every team

Mission

Body Brilliant's mission is to continue to be the leading wellness brand in Australia, be the most respected service brand in our industry and to work together with companies to create workplaces that empower teams to a new level of health, productivity and performance. To do this we have established a company culture that supports our own team members so they can then provide exceptional service to our clients.

Values

The Body Brilliant Values reflect who we are and what we stand for:

- Customer Commitment we develop relationships that make a positive difference in our clients lives.
- Quality we supply and provide outstanding products and unsurpassed service that delivers the utmost value to our clients.
- Integrity we uphold the highest standards of integrity in all our actions.
- Teamwork we work together, across boundaries to meet the needs of our clients and help Body Brilliant win.
- Respect we value our people and clients and we encourage their development and reward their performance.

Purpose

Body Brilliant's purpose is to serve our community, by sharing the truth about health and wellness and providing powerful educational programs with relevant, health solutions to empower families to get well and stay well for life.



Did you know.....

- Absenteeism costs the Australian economy \$40 billion per annum, or 4% of the GDP in lost productivity. \$7 billion alone in QLD
- Presenteeism (under performing due to illness) costs the Australian economy \$35 billion per annum, or 2.5% of the GDP in lost productivity
- Staff turnover costs 2-3 times the persons annual salary
- Workers compensation costs Australia \$16 billion per annum
- Workplace injury costs the Australian economy \$39 billion per annum
- A 20% reduction in a persons wellbeing equates to a 10% drop in performance

Too many companies are experiencing the pain of an unhealthy workplace and are spending hours day to day dealing with these problems. This results in lost productivity, lost opportunities, high staff turnover and ultimately comes at a huge financial cost.



The Solution

Implementing a workplace health program creates a...

- 25.3% decrease in sick leave absenteeism
- 40.7% decrease in workers compensation costs
- 24.2% decrease in disability management costs
- \$5.81 saving for every \$1 invested in employee wellbeing
- increase in financial performance by more than 2.5 times

HAPIA 2010





Why Workplace Health?

In today's society, most people spend more time at work or with their work colleagues than they do with their own family or friends. It is because of our go go go world that it is even more important to create an environment for employees to thrive.

By empowering your employees to be proactive in taking care of their body, mind and finances you will begin to reduce and even eliminate many of the challenges currently being faced by employers today.

Imagine a team of happy motivated employees that feel supported and appreciated in their efforts. Who not only come to work to perform their role, but have learnt how to maintain a healthy body, prevent disease, set and achieve personal and professional goals, perhaps participated in a company challenge, learnt how to budget and also effectively manage their time so that their week includes the things that matter most to them. Why would anyone want to leave?

A Thriving Team!

Health does not just relate to the physical body, but also the mind, relationships and finances. A company who creates a workplace that helps employees grow in all of these areas will reap the rewards of a motivated team - focused employees who aren't spending time at their desk stressing about personal issues, finances or their health. And a team who achieve more in less time because of their enthusiasm.

As we continue into the 21st Century, people need more support so that they can take time, slow down and appreciate what really matters. If the only focus of a company is the bottom line, and the push to hit targets, they may find themselves moving through many team members, or dealing with unmotivated, unbalanced and unhappy employees.

Now is the time to stand out from the crowd and implement a program that will have new employees lining up to work with and stay with your company and grow the company because of the culture, support and environment you have created.



How Can Body Brilliant Benefit You?

Body Brilliant has brought together a team of experts to help deliver a program tailored to suit your company and employees needs. From internal health to financial wealth, time management and goal setting and many other topics in between. Depending on the size and goals of your company we can implement year long wellness programs, hold a one day event or expo, conduct a lunch and learn program, run a posture and ergonomic workshop, hold a Ignite Team Building and Firewalk Experience or any combination of the above.

The sky really is the limit!

Our Body Brilliant Corporate Health Programs have 4 main principles that our programs revolve around - eat well, move well, think well and stay well adjusted.

On the following page is an example of a 12 month series of workshops for your team. If certain topics jump out at you, we can also hold them as a one off event, or create a series over a timeframe that suits your needs.

One thing you can be sure of is that our Body Brilliant team will edify your company and management team to your employees in the best way possible. It isn't everyday that companies put aside time for employees to grow and learn outside of their role and your team should know about this and thank you for it! The key is to get employees excited about learning more, creating challenges and making learning fun along the way. This increases team morale, productivity and their longevity in your workplace.



Body Brilliant Lunch & Learn Events

Month 1	Month 2	Month 3
Rocket Fuel Nutrition - organic debate/ diet myths/weight loss	Cancer Prevention Workshop - what you can stop putting in and on you	Sleep & Fatigue - how to boost energy levels & immune system & improve sleep
Month 4	Month 5	Month 6
Stress Management - Go from stressed to supercharged in under 60 seconds. Commence a 8 week walking challenge	Back Care & Posture Seminar Ergonomic Workstation Checks, Spine Nerve Function & Posture Checks	How To Be Health At 100 Slowing the ageing process naturally.
Month 7	Month 8	Month 9
Find The Champion Within Motivational Seminar Goal setting workshop	Financial Health Check Dealing with financial stress	Move It Or Lose It Workshop
Month 10	Month 11	Month 12
6 Secrets To A Healthy Pain Free Body	Toxic Free Living/Detox Workshop What you are putting in & on you that could be killing you	6 Simple Steps to Supercharge your Strength & prevent Injuries at work



Eat Well

- Fourteen million Australians are overweight or obese.
- If weight gain continues at current levels by 2025, close to 80% of all Australian adults and a third of all children will be overweight or obese.
- Obesity has overtaken smoking as the leading cause of premature death and illness in Australia.

We all know we are what we eat. Everything we put into our mouth either creates health or destroys it.

Body Brilliant has a range of innovative and engaging programs and strategies to create a 'wellness culture' within organisations so that the trend of eating habits is towards fresh, unprocessed, simple meals that energise and sustain radiant health.

By putting wholesome, nutritious foods into our body, rather than fast and processed foods, it positively effects energy levels, emotions, productivity, immune function and so much more. Most people know what they should be doing, but don't always act upon it. Our Eat Well principles and programs teach employees how to create nourishing food that is quick, easy and tastes delicious!

Think Well

- One in four women and one in six men will suffer from depression at some stage in their lives.
- Each year, almost 800,000 Australian adults will experience a depressive illness.
- Depression alone counts for more days lost to the workplace than those lost to industrial action.
- The World Health Organisation (WHO) has predicted by 2020, depression will be the second biggest largest health problem world-wide, behind heart disease.

A healthy mind creates healthy and productive thoughts. The language that your team use with each other will dictate whether or not they are feeling 'stressed' or 'overwhelmed'.

Research has also shown links to posture and emotions. Our Think Well Principle empowers team to manage their emotions and thoughts so that they don't work themselves into a stressful state.



Move Well

Movement is life and for most people sitting at a desk all day, the most amount of movement they will make is from their desk to the bathroom and back.

From the office, many people go home to sit in front of their television or laptop and spend the rest of their day sitting.

Movement brings energy, it lubricates the joints, it helps maintain a healthy weight, it releases endorphins that bring on feelings of happiness and is essential for life.

Our Body Brilliant Move Well Principle empowers people to become more productive by moving their body. Through powerful and effective exercises they can do before and after work without the need for a gym, to stretches and breathing that can be done in the workplace to keep energy levels high.



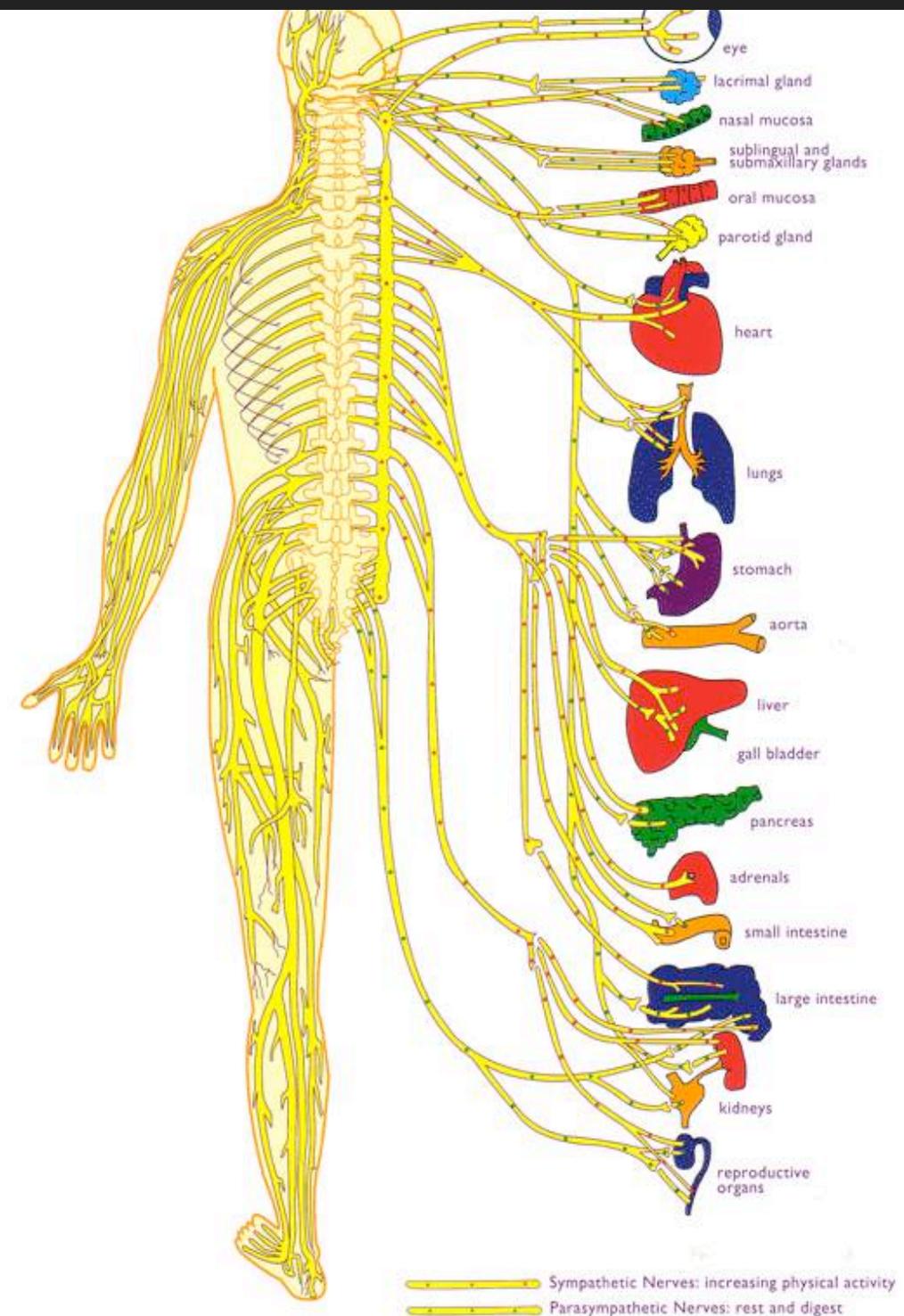
Staying Well Adjusted

The spine and nervous system is the lifeline for the entire body. As you can see in the image here, each and every organ, gland and tissue in the body is connected through the nervous system from the spine.

An unhealthy spine can result in many different health challenges, so this makes maintaining a healthy spine and nervous system even more important.

A two year study conducted by the Italian Government followed 17,000 patients and found that patients under Chiropractic Care had their hospitalisation for back ailments reduced by 87.6% and work lost by 75.5%

Our Spine & Postural Assessments, Workplace Health Checks and Workshops give employees valuable tools on how to take care of their spine, set up their work station to promote a healthy posture and information on what to do if they do have imbalances or misalignments in their spine.



Somatic Nerves

(left side only shown – right side mirror image)

Autonomic Nerves

all organs of the body.

40

FREE NERVE & STRESS TEST

FREE SPINE & POSTURE CHECKS TODAY



If your spine was on your face you would take better care of it.

Get to the Cause of Your Unwanted Health Concerns Today!

- Headaches
- Colic and reflux
- Neck pain
- Ear infections
- Sciatica
- Low back pain
- Asthma
- Allergic problems

- Digestive problems
- Body pain and tingling



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Stressed? Find The Cause

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Stress is a physical response to a perceived threat or challenge. It can lead to a variety of health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Depression
- Anxiety
- Headaches
- Stomach problems
- Sleep problems
- Weakened immune system

Chiropractic care can help reduce stress and improve overall health. Contact us today for a free consultation.

www.bodybrilliant.com

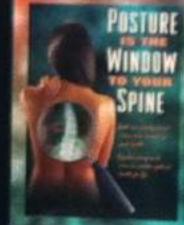
FREE

SPINE

CHECK

optimal spine equals optimal health

SUBOXALATION ELIMINATE IT COMPLETE!



Age of Life



Informational brochures and business cards are laid out on the table.



Our Centre

We offer the very best in Chiropractic Care. From day old babies, pregnant woman, children, tradesmen, office workers, athletes, every one can benefit from Body Brilliant.

For those of your team who feel compelled to take their health journey further than what they are learning in the workplace we have our Body Brilliant Chiropractic & Wellness Centre located in Gooding Drive, Carrara on the Gold Coast.



Team Building

Dr Anthony Gollé has performed over 100 Firewalks and has become a sought after motivational speaker to Corporate Teams, Elite Athletes, Health Professionals and their clients.

Our Ignite Goal Setting & Firewalk Experience is a brilliant way of bring teams together, allowing them to breakthrough their personal and professional challenges. It unites teams to come together, brings a common language into the workplace and creates an environment where setting and achieving goals becomes second nature.

Our Ignite Experience can be run privately, or participants can join in with other people from all walks of life.



Testimonials

Classic Holidays, Robina

It was a fantastic session, we had 25 people attend, Body Brilliant provided sushi for lunch and a great PowerPoint presentation around care for the body, in particular spinal care and general health including nutrition. At the end of the session Body Brilliant offered consultations for all of us and our families for at a great offer. I think 23 out of the 25 took up the offer, most for themselves and their family members. I am so happy how the first session went and we have invited Dr Anthony and his team back for our Managers Seminar in a few months. - Penny, HR Manager

Officeworks, Milton

The team members that attended your Health and Wellness talk benefited greatly. It was pleasing to hear conversations from those team members reiterating the messages and points covered off to other team members within the store. Benefits and conversations that I had with the team who attended, was that they felt other team members should be present at the talks because of the knowledge and information that was shared with them they got a lot out of. Safety and health and wellbeing is always a topically point at Officeworks and one that we at the store take very seriously. Having an external organisation visit the site and highlight the importance of balanced lifestyles, healthy choices and regular exercise resonated deeply with many of the participants. Interesting how many bottles of water is now being consumed on a daily/ regular basis now within the store. The information was concise, interesting and of great benefit to all the team involved and no one walk away disappointed. If anything the responses was all very positive. Thanks for the opportunity to hold at store and to be part of. - Ken, Store Manager



LJ Hooker, Nerang

Thanks again for coming out to my business and presenting to my team your workshop on ‘Health & Wellness’. Not only was this a great team bonding exercise, it was also a reality check for a few of the team as to looking at their priorities regarding their own personal livelihoods. The team took a lot on board of what was discussed and I can honestly say that our overall health and wellness ‘awareness’ has improved considerably. I think you should also now ask the local gym for a referral on the basis the additional memberships that have since begun! As always, thanks again for everything you do for my family, friends and my Real Estate team. - *Shane Colquhoun, Director*

Meet-Up Group, Ripe Tomatoes, Gold Coast

Anthony presented to our Meetup Group Ripe Tomatoes - a women's group who's members are over 45-years of age. We were keen to hear real facts about Women's Health and get more info on how to slow the ageing process, how to strengthen the immune system, protecting ourselves from arthritis and osteoporosis and beating stress. Our group was so impressed that at the end of the session over half of our members took up their offer to find out more with a their Body Brilliant Complete Health Evaluation. It was a very interesting and information workshop. Thanks Dr Anthony. - *Julieanne, Meetup Organiser*

McGrath Real Estate, Gold Coast & Northern NSW

We recently invited Anthony and the team at My Body Brilliant to talk to our staff about wellness and it's causes (lol). What began as an idea to have my team better informed, has led to a groundswell of support and a clear ‘movement’ is happening in our business. Gone are the processed foods at lunch, in are the organic fruit baskets each week, green smoothies and talk about PB's of their run this morning. The energy, the results, the attitudes, are all improving as a result of the talk. It was the best general information session on food, nutrition and exercise we have ever had. Can't wait to continue the journey.- *David Mills, Principal & Auctioneer*



empowering
families to
get well
& stay well
for life.



Would you like Body Brilliant to partner with you to bring our the best in your team and your company? Contact our Business Development Manager today.

Body Brilliant

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