



**Caddée** KAD-EE  
BUILDING BODIES

# 12 Week Health Program

# 12-Week Health Program





## The Challenge

- Improved concentration
- Sharper memory
- Faster learning
- Prolonged mental stamina
- Enhanced creativity
- Lower stress
- Elevated mood

## The Idea

- Employees will choose to participate in a 12 week health and wellness program.
- BioAge testing and one-on-one consultations.
- This program does not focus solely on weight loss,





## Program Inclusions

- Initial BioAge clinical assessment
- Face-to-face consult & postural assessment
- Fortnightly exercise program, delivered online
- Fortnightly nutrition program, delivered online
- Fortnightly phone call; check-in, check-up
- Unlimited email access throughout program
- 2<sup>nd</sup> BioAge clinical assessment at 12-weeks

# The Research

## Exercise

- Exercise helps improve all aspects of your life, including work productivity.
- When you exercise, you are also increasing blood flow to the brain, which can help sharpen your awareness and make you more alert and ready to tackle your next big project.
- If you don't exercise regularly, you could be putting your health -- and your job -- at risk.

## Postural Assessment

- The body functions at its best when it's in correct posture – this means we perform at a higher standard at work when we have correct posture
- If something is out of alignment injury can occur – sick leave which could be avoided





## The Research

### Nutrition

- Our nutrition habits have a direct impact on our productivity.
- The World Health Organisation say that adequate nourishment can raise national productivity levels by 20 percent.

Source: World Health Organisation

## The Investment

Discounts apply where there are 100 participants or more.







## Package A

Starts at \$520pp & Includes:

- BioAge clinical assessment + face-to-face consult (60min)
- Postural assessment (15min)
- Fortnightly program; exercise & nutrition delivered online (self-applied)
- Fortnightly phone call; check-in, check-up (15mins)
- 2nd BioAge clinical assessment at the 12week mark
- Unlimited email access throughout program

## Package B

Starts at \$360pp & Includes:

- Phone consult to prepare fortnightly program (15mins)
- Fortnightly program; exercise & nutrition delivered online (self-applied)
- Fortnightly phone call; check-in, check-up (15mins)



Chronological Age

30

Biological Age

42.00

Metabolic Test Results

Blood Pressure :  
129/73

Glucose :  
5.10

BMI :  
28.73

Waist :  
85

Physical Test Results

Expired Air Flow :  
525

Push Ups (reps) :  
45

Core Endurance (sec) :  
56

VO2 max :  
20.40

Flexibility :  
11

Behavioural Test Results

Smoking (per day) :  
5

Alcohol (drinks/week) :  
25

Nutrition :  
40

Stress :  
20

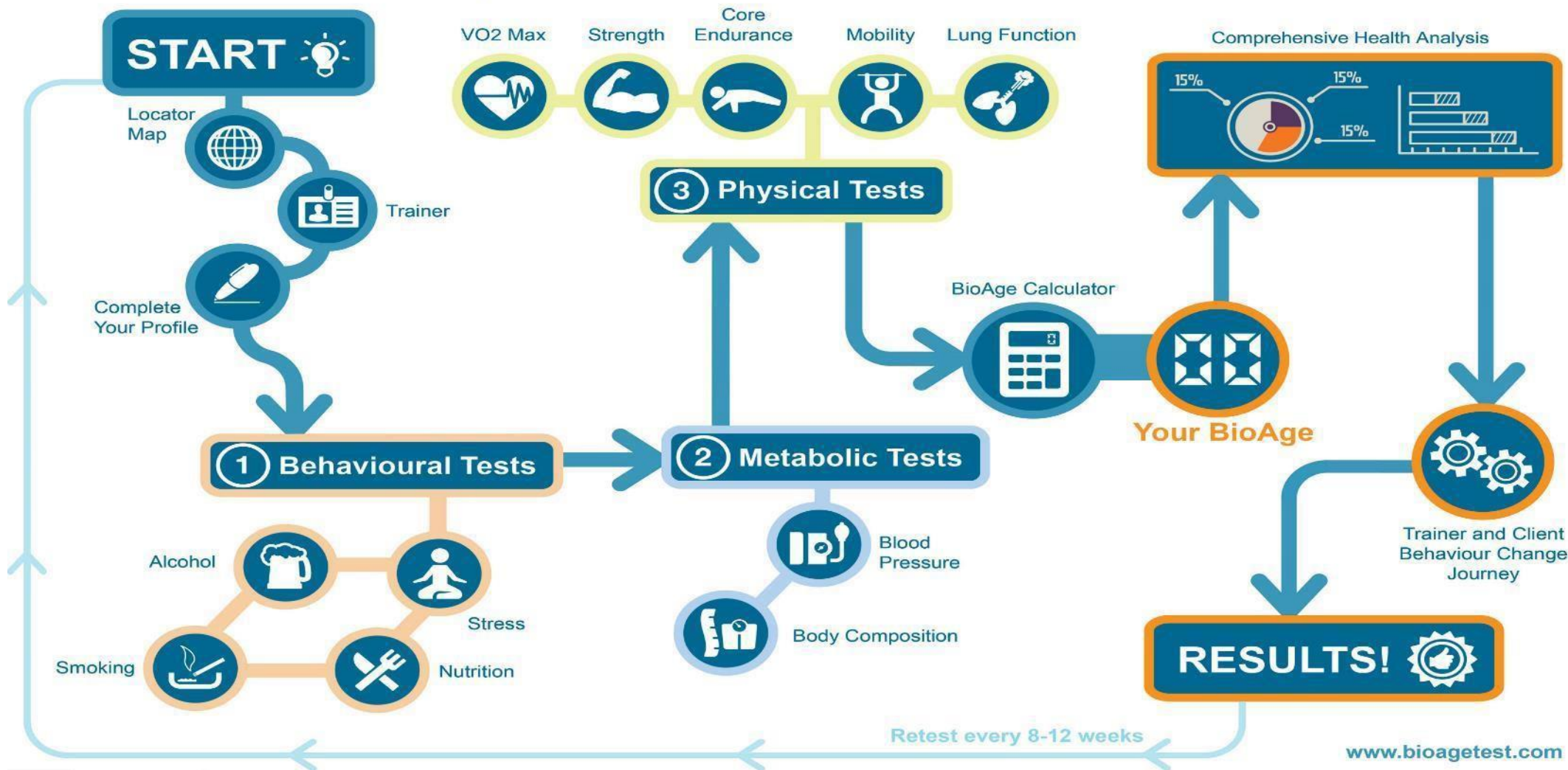
## The Results

As research shows us:

- **Exercise** directly relates to work productivity as well as other aspects of our lives
- Our body functions at its best when it's in correct **posture** which leads to a higher standard at work
- **Nutrition** plays a major part in our productivity when we are eating the right foods and getting the appropriate nutrients to supplement our body



Red: Increase in BioAge  
Blue: Neutral BioAge  
Green: Decrease in BioAge



## BioAge Client Journey



## Next Steps

- Your business approves concept
- Engage contractors via [www.caddee.com.au](http://www.caddee.com.au)
- Offer opportunity to staff
- Get fit and healthy!
- Increased staff productivity