



## Executive Performance Program



Regain your time, energy, health and performance today

### Are you...

- A busy professional or executive
- Working long hours and feeling too busy to exercise
- At health risk (e.g. high blood pressure, high cholesterol or above your ideal weight)
- Struggling to stay healthy due to frequent work trips and/or functions

**If so, the Executive Performance Program is the perfect way to become empowered and receive the accountability you need to achieve your goals.**

Upon demand from our busy, time-poor executives we are launching this new unique service. This is Australia's only comprehensive health and wellbeing program that provides all the support that busy executives (particularly those who frequently travel with work) could possibly need.

### You can expect...

- Results, results, results!
- Convenient mobile services – we come to you because your time is precious
- All the support you need to achieve optimal your energy and performance level

### You will receive...

- Your very own highly experienced health professionals and support team (to bring out your optimal performance, just as an elite athlete's support team does)
- A wide range of included services, so you can select those that best fit your needs
- The most cutting edge and successful goal setting system in Australia
- Accountability calls
- Regular health and fitness assessments to track your results
- Private health fund rebates for our services (and potentially also tax deductions)
- Informative newsletters, expert fact sheets, exclusive health seminars and social events
- The highly professional service you expect and deserve





## Your service options include:



- Mobile medical appointments
- Mobile health assessments (to track your results at least quarterly)
- Mobile planning and goal setting sessions
- Mobile physiotherapy
- Mobile massage
- Mobile personal training
- Mobile nutrition consultations
- Mobile psychology consultations
- Mobile stress management / relaxation sessions
- Kitchen overhaul (at your home)
- A 1-on-1 supermarket workshop
- Organising convenient pre-prepared meals
- Arranging appropriate meals for your work trips
- Organising weekend leisure activities
- Development of a tailored exercise program to complete whilst away
- Health and performance mentoring calls
- Surprise audits (workplace and function audits available)

## The experience...

“Complete Performance Solutions has provided me with a solid platform for my well being, and all the personal understanding and support that I need to achieve a better work-life balance.”

*Grant, General Manager, aged 42, father of 3*

## Your choice between...

### Platinum Program:

Up to 40 services included each quarter

For an investment of \$399 per week for 12 months (or \$449 per week for 3 months)

### Silver Class Program:

Up to 25 services included each quarter

For an investment of \$299 per week for 12 months (or \$349 per week for 3 months)

### Silver Class Program:

Up to 15 services included each quarter

For an investment of \$199 per week for 12 months (or \$249 per week for 3 months)

**Get started today – call us now on (07) 3166 8183**

