


the health hub

WEEK 1		MONDAY 1 st	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th
A M	8 . 3 0	<p>Start the week with a little TLC!</p> <p>Check out our tension tamers designed to help you loosen up, relieve tension and enjoy movement again!</p> <p>Password: HealthHub</p> 		Guided meditation (10min) with Alia		Guided meditation (10min) with Belle
	9 . 0 0		Guided meditation (10min) with Ruby		Guided meditation (10min) with Alia	
	11 . 0 0				10min Tabata (10min) with Ruby	Core (10min) with Ruby
	11 . 3 0		Guided meditation (10min) with Megan	Crispy tofu kale salad (15min) with Bec	Guided meditation (10min) with Megan	
P M	12 . 0 0		HIIT (30min) with Alia	20 reps or more (20min) with Alia	Boxing (30min) with Corey	Power Pilates (30min) with Ruby
	1 . 0 0			Know your numbers: understanding exercise & BP (15min) with Dimity		
	2 . 0 0			Guided meditation (10min) with Megan		
	2 . 3 0			Yoga (10min) with Alia	Know your numbers: understanding nutrition & BP (15min) with Bec	Mindful stretch and PMR (10min) with Ruby

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WEEK 2		MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th
M A	8 . 3 0	Guided meditation (10min) with Ruby		Guided meditation (10min) with Alia		Guided meditation (10min) with Belle
	9 . 0 0		Guided meditation (10min) with Ruby		Guided meditation (10min) with Alia	
	11 . 0 0	Posture strength (10min) with Meg		Know your numbers: understanding exercise & BP (15min) with Dimity	10min Tabata (10min) with Meg	Core (10min) with Ruby
	11 . 3 0		Guided meditation (10min) with Alia	Charred broccoli and butter bean salad (15min) with Ruby	Guided meditation (10min) with Ruby	
P M	12 . 0 0	Zone training (30min) with Meg	HIIT (30min) with Ruby	20 reps or more (20min) with Alia	Boxing (30min) with Meg	Power Pilates (30min) with Ruby
	1 . 0 0		Memory matters: Understanding dementia (30min) with Meg			
	2 . 0 0			Guided meditation (10min) with Belle		
	2 . 3 0	Stretch (10min) with Meg		Yoga (10min) with Alia		Mindful stretch and PMR (10min) with Ruby

CBHS Health Fund Limited does not accept any liability for any injury, loss or damage incurred as a result of your participation, including any use of or reliance on any information provided. This program is of a holistic nature and should not be relied on as a substitute for medical advice or be used to diagnose, treat, cure or prevent any disease. By participating, you agree to release CBHS from all claims arising from your participation.

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WEEK 3		MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
A M	8 . 3 0	Guided meditation (10min) with Chantal		Guided meditation (10min) with Alia		Guided meditation (10min) with Belle
	9 . 0 0		Guided meditation (10min) with Ruby		Guided meditation (10min) with Alia	
	1 1 . 0 0	Posture strength (10min) with Meg			10min Tabata (10min) with Meg	Core (10min) with Ruby
	1 1 . 3 0		Guided meditation (10min) with Megan	Thai beef salad (15min) with Meg	Guided meditation (10min) with Megan	
P M	1 2 . 0 0	Zone training (30min) with Meg	HIIT (30min) with Ruby	20 reps or more (20min) with Alia	Boxing (30min) with Meg	Power Pilates (30min) with Ruby
	1 2 . 3 0		Know your numbers: understanding stress & BP (15min) with Megan			
	2 . 0 0			Guided meditation (10min) with Megan		Memory matters: understanding dementia (30min) with Meg
	2 . 3 0	Stretch (10min) with Meg		Yoga (10min) with Alia		Mindful stretch and PMR (10min) with Ruby

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WEEK 4		MONDAY 22 nd	TUESDAY 23 rd	WEDNESDAY 24 th	THURSDAY 25 th	FRIDAY 26 th
M A	8 . 3 0	Guided meditation (10min) with Chantal		Guided meditation (10min) with Alia	<p>Need healthy meal inspiration?</p> <p>Check out our Health Hub recipes created by our in-house nutritionists!</p> 	Guided meditation (10min) with Belle
	9 . 0 0		Guided meditation (10min) with Ruby			
	1 1 . 0 0	Posture strength (10min) with Tyler		Know your numbers: understanding stress & BP (15min) with Megan		Core (10min) with Ruby
	1 1 . 3 0		Guided meditation (10min) with Megan	Cacao protein bliss balls (15min) with Chantal		
M P	1 2 . 0 0	Zone training (30min) with Tyler	HIIT (30min) with Meg	20 reps or more (20min) with Alia		Power Pilates (30min) with Ruby
	2 . 0 0	Know your numbers: understanding nutrition & BP (15min) with Bec		Guided meditation (10min) with Megan		
	2 . 3 0	Stretch (10min) with Tyler		Yoga (10min) with Alia		Mindful stretch and PMR (10min) with Ruby

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WEEK 5		MONDAY 29 th	TUESDAY 30 th
M A	8 . 3 0	Guided meditation (10min) with Chantal	
	9 . 0 0		Guided meditation (10min) with Ruby
	11 . 0 0	Posture strength (10min) with Tyler	
	11 . 3 0		Guided meditation (10min) with Megan
	12 . 0 0	Zone training (30min) with Tyler	HIIT (30min) with Tyler
P M	12 . 3 0		
	2 . 3 0	Stretch (10min) with Tyler	



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FITNESS SESSIONS

10 min Tabata	Interval training that gets the heart racing using short periods of anaerobic exercise. Don't be fooled by the short duration of exercises, these will test you if you put the effort in.
20 reps or more	A challenging and empowering workout that uses your own body weight to build muscle, boost endurance, and enhance fitness.
Boxing	Get into the ring virtually and punch, jab and sweat your way to fitness.
Core	Designed to ignite your core muscles and deliver a quick, effective abdominal workout that will leave you feeling the burn and craving more.
HIIT	High intensity interval training (HIIT), is about using rest periods to allow you to work at a higher intensity for longer. It's great for blowing off steam and burning calories.
Mindful stretch and PMR	Experience deep relaxation and release tension with mindful stretch and PMR (progressive muscle relaxation). Renew your body and mind with these gentle practices.
Office desk stretch	Desk stretches are your secret weapon against office fatigue. In just a few minutes, these simple exercises can revive your energy, alleviate tension and boost productivity.
Posture strength	A series of strength-based exercises that will help improve your posture and relieve those aches and pains.
Power Pilates	Lengthen and strengthen your body with the ultimate power Pilates workout.
Stretch	Our bodies stiffen up with too much repetition, or not enough movement. This can lead to poor posture, compromised movement and pain. Join us for some light mobility and stretching to help alleviate tight muscles and free up restricted joints. Your body will thank you for it!
Yoga	In this gentle practice you will combine the energy of movement with the peace of stillness to bring balance and harmony to your entire being. Beginners welcome.
Zone training	Elevate your workout with our session designed to target different heart rate training zones. No heart rate tracker required.

WEBINARS

Know your numbers: understanding exercise & BP	Exercise plays a really important role in both preventing and managing high blood pressure. Come along to learn ideas for adding more movement into your day and making exercise a way of life!
Know your numbers: understanding nutrition & BP	Discover the transformative power of nutrition in helping prevent and manage blood pressure. Jump on and learn practical strategies and dietary tips to optimise your health and achieve more balanced blood pressure levels.
Know your numbers: understanding stress & BP	Dive into the connection between blood pressure, stress and wellbeing. Learn effective mindfulness techniques to assist in combatting stress and promoting heart health.
Memory matters: understanding dementia	Explore the crucial connection between diet, wellbeing, and cognitive health. Join us to uncover actionable insights into promoting memory health through nutrition and wellbeing strategies.

INDIVIDUAL CONSULTATIONS

Free blood pressure health check	Get your free 10-minute health check and take charge of your health today. High blood pressure can affect anyone at any age, so it's important to check your levels. Book now.
Individual consultations	Need advice on how to make tweaks to support a healthy lifestyle, prevent injuries or improve your workouts? Book in for a complimentary one-on-one exercise or health coaching consult and receive personalised advice and support. Book now.
Body composition assessment	The InBody machine provides a non-invasive window into your physical health. In just a few minutes, we can give you accurate data on all of your physical attributes including bone density, muscle mass and fat mass. Book now.