

the

health hub

What's on in

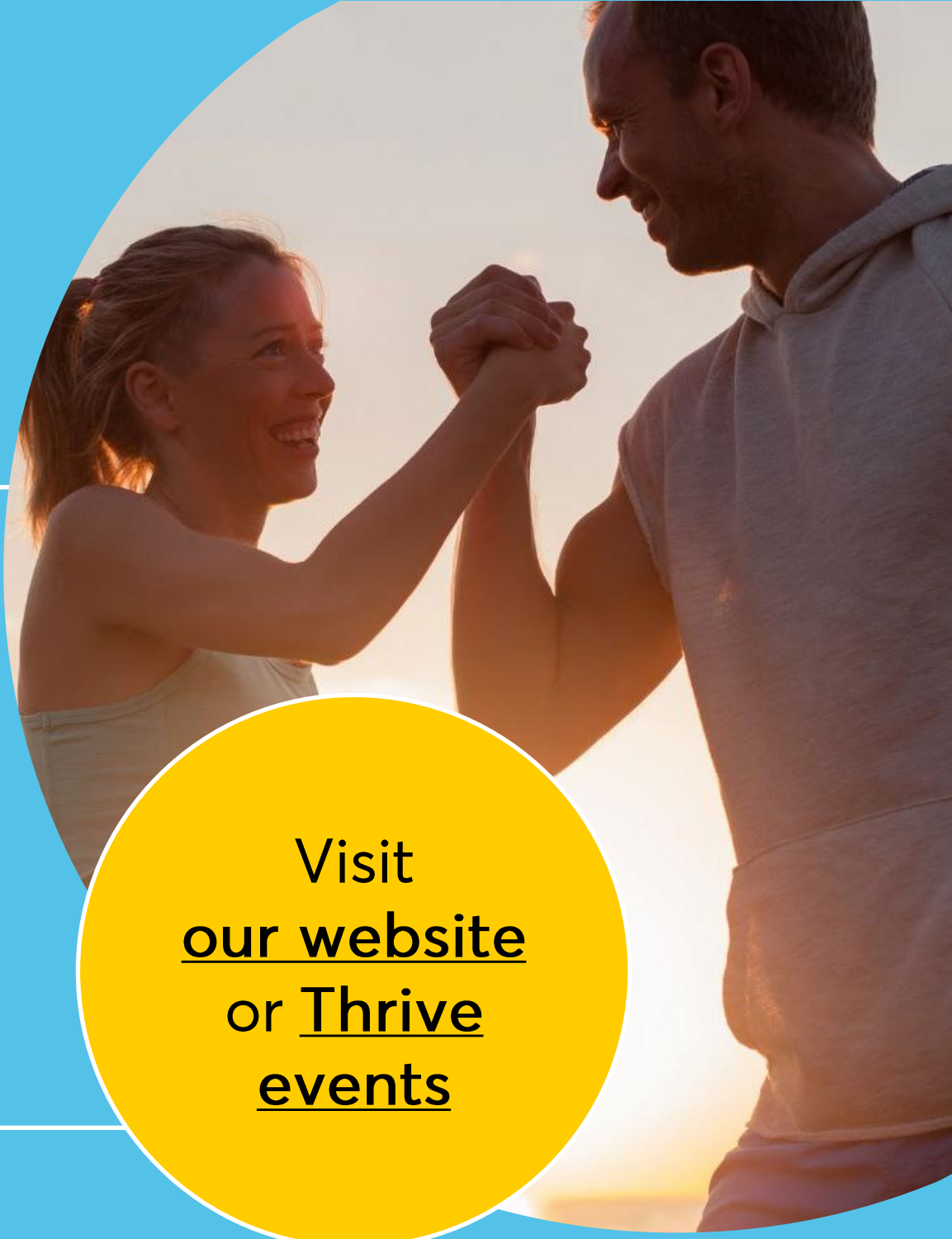
January

BODY TRANSFORMATION CHALLENGE

(2 FEB – 13 MAR)

Ditch the quick fixes and the all-or-nothing mindset. Join our 6-week *Body transformation* challenge and discover how a balanced approach to health and wellness can lead to lasting change.

Registrations close 29 Jan. [Sign up now!](#)



Visit
[our website](#)
or [Thrive events](#)

Click on the links to download your invites:

SAVING TIPS FOR YOUR

GROCERY TRIPS (30min)

Feeling the pinch of rising grocery costs? Join us to learn everyday strategies to help you shop with intention, make the most of your meals and get more value out of every grocery trip.

Date and time

[Thurs 8th Jan 11am \(AEDT\) / 8am \(AWST\)](#)

[Wed 28th Jan 2pm \(AEDT\) / 11am \(AWST\)](#)

SUPERMARKET TOUR (15min)

Healthy habits start with what goes into the trolley. Join our dietitians for a virtual supermarket tour to help you make healthier swaps with confidence. Learn how to make choices that lead to more sustained energy and support your wellbeing.

Date and time

[Tues 6th Jan 11am \(AEDT\) / 8am \(AWST\)](#)

[Mon 12th Jan 3pm \(AEDT\) / 12pm \(AWST\)](#)

INDIVIDUAL CONSULTS

Virtual:

Nutrition consults (30min)

Syd only:

Metabolic testing (20min)

Syd/Melb only:

Body composition scan (15min)

Bone density scan (20min)

[BOOK HERE](#)

EXPERT EXERCISE PANEL:

POWERED BY MOVEMENT

(20min)

Join our Exercise Scientists for practical tips to help you kickstart your fitness goals. We'll cover running advice for beginners, how to build simple workout and effective programs, lifting technique essentials, progressive overload, and more. You'll also have the chance to ask our experts all your burning questions.

Date and time

[Wed 14th Jan 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

FIND YOUR WORD FOR

2026 (15min)

Take some time to pause and set your intention for the year ahead. In this guided workshop, you'll explore what you want to cultivate in 2026 for a renewed sense of direction and meaningful anchor to return to in the year ahead.

Date and time

[Fri 16th Jan 10:30am \(AEDT\) / 7:30am \(AWST\)](#)

[Wed 21st Jan 2:30pm \(AEDT\) / 11:30am \(AWST\)](#)

COOKING DEMOS (15min)

11:30am (AEDT) / 8:30am (AWST)

5th – [Smoothie series](#)

12th – [Re-inventing the lunchbox](#)

16th – [Fibre maxing your plate](#)

19th – [Level up your plate](#)

28th – [The truth about acai bowls](#)

Fitness sessions & meditations (Times in AEDT)	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 8:40am	Meditation		Meditation		Meditation
9 – 9:10am		Meditation		Meditation	
10 – 10:10am	Mobility				Head and neck release*
11:30 – 11:40am		10min reset		10min reset	
12 – 12:30pm	Pilates*	ABT*	Yoga*	Blast the core*	Pilates*

*Low intensity

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