

12 WEEK BIOAGE CHALLENGE

AS SEEN ON THE BIGGEST LOSER!!!

Pro-Fit

Corporate Health



ACT & REGION
CHAMBER OF
COMMERCE
& INDUSTRY



BIOAGE

Motivate | Educate | Empower

“Definitely one of the best things I have ever done for my team” Gerard Tiffen, Tiffen & Co

What: 12 Week Corporate BioAge Fitness Challenge.

Why: To create **engaged** and **energised** workforces in the ACT

When: 12th September – 9th December (12 weeks)

Challenge Includes:

- Teams of 4 compete in 12 Week Fitness Challenge
- Pre & Post Biological Age Health Assessments conducted at your worksite (small office required).
- 12 Weeks of Fitness Classes – 3 days per week of team building and networking with similar businesses.
- Accountability Checklists and On-Line Tools
- Challenge Launch Seminar – “Energy for Performance” by Corporate Health speaker Chris Males.

Great Prizes for:

1. Best Team BioAge Reduction (biggest improvers)
2. Canberra’s Fittest Company
3. Canberra’s Healthiest Employee!



Register Your Company:

Email your registration form to Sarah Kentwell at the ACT & Region Chamber of Commerce & Industry

sarah.kentwell@actchamber.com.au

INVESTMENT:

Team of 4 : \$1,970 + GST

Multiple Teams of 4: \$1,500 + GST

Per Individual: \$500 + GST

Stand Alone Bio Age Test: \$147.00



Call Now – 6291 5902

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Web: www.pfcorporatehealth.com