

FOSTER'S GROUP - Corporate Wellness Program



The Foster's Group (Sales & Marketing Team SA) Health and Wellness Program has concluded. We had a fantastic 8 weeks of training with the people from Foster's, they are a truly enthusiastic group who showed commitment, humour, courage and persistence over the course of the Program. Not to mention STRATEGY - if you need a strategy, just ask this group. Creative, energetic 'discussions' abounded about the best way to complete a task or game in almost every session.

The Program included Fitness screening, assessments, fitness testing, individual exercise programming, training sessions twice a week and re-testing at the conclusion. There have been some amazing results with 10 participants improving their Cardio Vascular fitness (sub-maximal test) to "excellent" compared to population averages.

