

# BREWYD High Performance Program - Health & Wellness

**BREWYD**

Our Health & Wellness program is available to your whole organisation.

## Modules

Monthly 60 minute workshops



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### Discipline + Time Mgt

With competing priorities, health often takes a back seat. In this session, we'll show you how feeling your best helps you give your best. We'll also help you find what motivates you to make health a priority and enjoy sticking to your goals.

### Strength

Modern lifestyles have lowered our activity and strength, leading to poor posture, pain, and fatigue. This session focuses on how strength training improves health by restoring posture and functionality—not about lifting big, but about feeling better overall.

### Cardio & Fitness

Rapid change pushes employees to sacrifice their health, raising cortisol levels and mental health challenges. This session explores the connection between fitness, energy and mood and shows how fast, explosive movement helps manage cortisol for better overall health.

### Nutrition

A busy life often leads to convenient, unhealthy food choices high in salt, sugar and preservatives - and with so much misinformation, it's hard to know where to start. In this session, we help you cut through the noise and understand there's no one-size-fits-all approach to nutrition.

### Recovery

You're always on—contactable, fuelled by coffee and juggling to-dos. So when it's time to sleep, it doesn't come easy. We rarely prioritise rest, making recovery harder. In this session, we cover the importance of balance and show you how to give yourself permission to rest and recharge.

### Breathwork

Your breath's impact on wellbeing is often overlooked. By focusing on your breathing, you can reduce stress, improve focus, sleep better, and lower anxiety. In this session, we teach you how to harness your breath as a powerful tool in every area of your life.

### Sleep

Sleep is crucial for physical and mental health but often overlooked in our fast-paced lives. In this session, we'll explore the benefits of quality sleep, including better cognitive function, mood regulation, metabolic and cardiovascular health, reduced stress and hormonal balance.

### Flex/ Mobile

Flexibility and mobility are key to overall health. In this session, we'll explore exercises that enhance flexibility and mobility, improving joint health, muscle function, posture, range of motion, injury prevention and stress reduction.

### Social

Improving social and community connections positively impacts both emotional and physical health. In this session, we'll explore how engagement fosters social support, coping strategies, healthier lifestyles, resilience and stress reduction.

### Environment

Your environment significantly influences your health and wellness. Things like office lighting, noise level and access to green spaces impact your physical, mental, and emotional well-being. In this session, we'll discuss how a positive environment enhances overall health, safety and security.

### Epigenetics

Epigenetics studies how lifestyle choices affect gene expression, showing that genetics don't determine your destiny. In this session, we'll explore how understanding epigenetics can enhance health, prevent diseases and support graceful aging.

### Adv Nutrition

Continuing from our previous nutrition session, we'll explore optimal nutrition for enhancing performance at work and home. We'll cover nutrient intake, energy balance, disease prevention, gut health, inflammation, mental health, hormonal balance and longevity tailored to your needs.

### Indicators

BMI is one indicator but our health is more complex. In this session, we'll explore key health indicators to help you track your wellness journey.