



BUILDING HEALTHIER
MORE ENGAGED
EMPLOYEES

Through

CORPORATE PAUSES

Our Vision

To provide companies with a customised workplace wellness initiative that can be implemented to promote employee health and foster positive lifestyle choices.

Our name '**KEEP FOCUS**' is the outcome of an engaged workforce.

KEEP FOCUS is a program which provides 'active pauses' for your employees, offering staff the opportunity to be physically active during working hours.

Some benefits to employers offering a comprehensive workplace wellness initiative include:

- Decreased absenteeism and employee turnover
- Improved productivity
- Improved time and stress management for employees
- Increased employee recruitment and retention
- Better employee morale and commitment to the company by showing management prioritises their well being
- Enhanced organisational image which helps make your business an employer of choice

Fit and healthy employees also have improved mental health and attitude, which translates to better workplace morale. Employees that are active and exercise report a higher job satisfaction than employees that don't do any exercise.

Beyond Blue, Australia's depression initiative, promotes regular exercise and physical activity to reduce stress and anxiety, and to help in the prevention of, and recovery from depression.

Creating a Culture of Health

(The Engine Behind Sustainable Behaviour Change)

Diego Fajardo



About KF's Director

Diego is a qualified Personal and Group Fitness Instructor, and Master Instructor and owner of the licence for Danzika Australia, which is a form of dance exercise with a proven methodology around neural pathway development and improvement of memory. Diego is also the co-owner of Destino Latin Dance in Brisbane.

Our classes are unique as Diego uses advanced methodologies that are customised to the skills of individuals or group that is being or will be instructed. Our instructors make adjustments to the sessions as they progress because they are experienced in reading their audience.

Below are some of the classes the KF staff can facilitate for your team as a Corporate Pause, whether it be a one off session, team building, a strategy day or ongoing fitness development.



FIT KOMBAT

Fit Kombat is a highly engaging and challenging class for all levels of fitness and coordination, which combines boxing, Kung Fu, Karate, Tai Chi and Capoeira.

This is a great workout to start or finish off a stressful day in the office.



Danzika – Dance + Aerobics

Danzika, is a Latin Dance Fitness Program that combines Dance and Aerobics. This form of dance exercise has the proven methodology around neural pathway development and improvement of memory. Danzika is an exceptional workout for your brain.



Latin Dancing – Salsa/Bachata

Dancing is the happiest form of exercise. You won't be able to wipe the smile off your employees' faces.

Latin dancing doesn't need to be with a partner, this class is done solo, dancing in a line with colleagues to uplifting and energetic music.

Anyone of any fitness level can do this class and 'have the time of their lives'.

Watch your employees develop a healthy mindset, become positive, happy and grateful, and be able to **KEEP FOCUS** throughout their workday.

Hear your employees' spirited conversations shift from office gossip, towards positive team goals and excitement about their employee wellness program 'KF'.

See their energy levels raise and absenteeism reduce.



Functional Fitness Group Sessions

This class attempts to mimic the specific physiological demands of real-life activities. More simply, it means using the body the way it was designed to be used. This type of training can make everyday activities easier.

This class includes the use of light weights.

Let **KEEP FOCUS** customize your Corporate Pause and 'shake things up' for your next staff training, team building strategy day!

Engage your employees with a variety of different classes, tailored to ensure maximum participation and enjoyment. All activities are low impact.

Reduce negativity, embrace positivity and let word of mouth reinforce your business as a progressive employer of choice.

CORPORATE PAUSE PACKAGES

- Session times are available at any time throughout the working day.
- **KEEP FOCUS** will supply all equipment required for the session, such as music and speakers.
- You supply the indoor or outdoor space.

TRIAL PACKAGE CORPORATE PAUSE

- **Pay Corporate Pause Sessions for 3 weeks and the 4th is FREE**
- Choose from 2 x 30 mins per week or 1 x 1 hour per week
- Total for 4 weeks: \$750 + GST (Max 15 employees)
- When the trial package is completed you have the option of locking in this package if you book it for at least 3, 6 or 12 months periods.

ONE-OFF GROUP FITNESS CORPORATE PAUSE

- 2 x 30 mins or 1 hour
- Total \$250 + GST (Max 15 employees)

PRIVATE LATIN DANCE CLASSES

- 1 hour session
- Total \$200 + GST (Max 2 couples)

FUNCTIONAL TRAINING GROUP

- 2 x 45 mins per week (available before or at conclusion of work)
- Total \$350 + GST (Max 15 employees)

CUSTOMISED PACKAGES ON REQUEST

- Price on application

Create your Employee Wellness Program today!
Unique, fun and guaranteed to have your team talking positively about their employer

To engage **KEEP FOCUS** for your Corporate Pause,
contact us at keepfocusau@outlook.com