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Upcoming Events in 2011

APRIL 2011

27TH MARCH– 2ND APRIL
ARTHRITIS AWARENESS WEEK

7TH APRIL
WORLD HEALTH DAY
Brought to you by the [World Health Organisation](http://www.who.int)

22ND APRIL
GOOD FRIDAY AND EARTH DAY

25TH –26TH APRIL
EASTER MONDAY AND ANZAC DAY-
PUBLIC HOLIDAY

MAY 2011

1ST– 7TH MAY
HEART HEALTH WEEK

8TH MAY
MOTHERS DAY CLASSIC WALK/RUN
BREAST CANCER AWARENESS WEEK

22ND-29TH MAY
KIDNEY HEALTH WEEK

26TH MAY
AUSTRALIA'S BIGGEST MORNING
TEA

31ST MAY
World No Tobacco Day
brought to you by the
[World Health Organisation](http://www.who.int)

UNTIL END OF MAY
BOOK IN FOR
[WORKPLACE FLU VACCINATIONS](http://www.corporatebodies.com.au)

JUNE 2011

5TH –11TH JUNE
Bowel Cancer Awareness
Week
Brought to you by
[Bowel Cancer Australia](http://www.bowelcancer.org.au)

Corporate Bodies International SA: April 2011

Preparation... Half the Victory

John F Kennedy once said *"The time to repair the roof is when the sun is shining."* With the first quarter over it is time to get prepared with your workplace wellness program. Winter is traditionally the season for high rates of sickness, absenteeism and presenteeism so organising a health and wellbeing initiative can help to reinforce the importance of good health and nutrition to your staff—before its too late! Remember, for those of you that have not prepared for the winter season, the **workplace flu vaccination** period continues until the end of May. [Click here to receive a quote or book](#) in your workplace!

HEALTH

A lot of people ask me, **what is a dietitian?** What is the difference between a dietitian and a nutritionist. At Corporate Bodies International we employ full-time dietitians. The difference between dietitians and nutritionists is the range of people that can be seen,. According to the [Dietitian's Association of Australia](#), **Accredited Practising Dietitians (APD)** *"have the qualifications and skills to provide expert nutrition and dietary advice to both groups and individuals. They have sound university qualifications, undertake ongoing training and education and comply with DAA's guidelines for best practice as well as DAA Professional Standards."* Conversely **Accredited Nutritionists (AN)** *"have expertise in a range of nutrition services including public health nutrition, community health and tertiary education related to nutrition, but excluding individual dietary counselling, group therapy and medical nutrition therapy."* If you are considering including nutrition as a component into a workplace health and wellbeing program, using dietitians can help to gain the results you need through group programs and individualised consultations.

[Click here](#) to find out about nutrition program that our dietitians can provide.



CBI in the Workplace

Corporate Bodies International recently submitted a proposal which details a comprehensive health promotion program for construction workers of the desalination plant at Lonsdale.

558 participants completed a one-on-one health assessment conducted by a qualified health professional in a highly confidential environment. Physical measurements were taken, and a comprehensive lifestyle questionnaire was administered as part of the health assessment. At the completion of the assessment participants received a total health score, an action plan for addressing 'at risk' health parameters and a referral to a general practitioner if medical concerns were identified.

The project was funded by the CFMEU, SA Water and Adelaide Aqua, and allowed the identification of key health concerns for the commercial construction industry in South Australia. The report highlighted that a greater percentage of commercial construction employees were affected by overweight, smoking, alcohol consumption, and high blood glucose and cholesterol levels, compared to national Australian statistics. Corporate Bodies International and the CFMEU continue to build their relationship in a bid to improve health in the South Australian construction industry.

ENVIRONMENT

Each year, on April 22nd, the annual worldwide event of [Earth Day](#) occurs. Over the last 40 years, the Earth Day Network works with over 22,000 partners in 192 countries to broaden, diversify and mobilize the environmental movement. More than 1 billion people now participate in Earth Day activities each year, making it the largest civic observance in the world.



In recognition of the power of millions of individual actions, Earth Day 2011 will be organized around A Billion Acts of Green®: Personal, organizational and corporate pledges to live and act sustainably. To organise a workplace event, [click here](#) for more information.

WHAT'S HAPPENING in Adelaide?

Next month the annual Mothers Day Classic Walk/Run is being held along the river Torrens at Elder Park, King William Street, Adelaide. This event raises money for Breast Cancer research prevention and treatment nationally. Established in 1998 it is one of Australia's largest charity events that involves thousands across Australia. So get involved either by participation in the 4.5km or 7.5km run/walk or volunteering on the day! For registration (entries close 4th of May) and more information about getting involved: [click here](#)



WORKPLACE HEALTH SPECIALS: FREE MONTHLY MOTIVATIONAL EMAILS

 As we know, the benefits of long-term workplace health and wellbeing programs include:

- Increased motivation
- Greater health improvements with continuous contact with health professionals
- Lower drop-out rates from program
- Improved long-term outcomes such as reduced absenteeism and increased productivity.

As a result, this month we are offering free monthly motivational emails for all participants in programs that last over 6 months. [Click here](#) to find out more.

On behalf of Corporate Bodies International, I wish you a Happy and Safe Easter long weekend.

Yours In Good Health,



Andrea Di Paolo, SA Team Leader, Product Manager, APD, AEP.

