



Corporate Bodies International

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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Have a health check this
week!!



**Corporate Bodies
International**

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This fortnight's healthy topic...

Regular Health Checks



Studies have shown that **three times more men than women** had not seen a doctor in the previous year, and **one in three men** has no doctor at all.

WHEN WAS YOUR LAST CHECK UP ?

Don't Delay

The amount of physical activity we're involved in, our diet, our lifestyle and our family history all play a role in our level of risk for developing diseases.

Waiting until there is 'something wrong' can be costly in time, treatment and quality of life.

Book an Appointment

Setting up an annual physical allows you to build up a relationship with your doctor so you can discuss your personal health habits and plan for disease prevention.



Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**

Please visit our website www.corporatebodies.com.au or contact us on Ph: 1300 21 31 41.

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