

# Corporate Health Seminars



Miller Health

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## SEMINAR PROGRAMME GUIDE

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## **Seven Habits of Fit and Healthy People**

Our signature seminar presentation is the one day (or half day) Seven Habits of Fit and Healthy People program.

This program is a must for people who want to make improvements to their lifestyle; who want to feel better, have more energy and vitality, reduce their stress level, be working in a job they love, get more out of life, and live the life they'd like to live.

It's a great day out for a work group and is an ideal way to get your staff focused on themselves and their workgroup. It's an ideal program for an organisation that wants to inspire and motivate its staff to keep themselves fit and healthy to the best of their ability.

It's a modest investment for any organisation is serious about reducing the costs of absenteeism, presenteeism, workers compensation and employee turnover.

You want a staff that's fit and healthy; you want high level morale, teamwork and group cohesion.

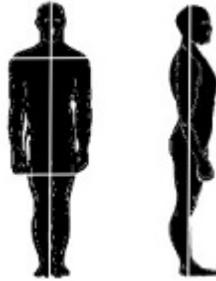
### **ASSESSMENTS**

The assessment profiles we use during the seminar provide people with a clear picture of their over-all health in the following areas

- physical fitness: - aerobic, strength and flexibility
- diet and chemical intake
- musculo-skeletal risk
- stress
- career satisfaction

By taking part in the seminar, you will

- discover the compelling reasons to eat from the top of the Hourglass, exercise with vigor on a regular and systematic basis, meditate
- learn how to keep your neck and back in good shape
- learn how to relax in a way that benefits your head and your body.
- find out more about stress, where it comes from, what it does to you, and how you can keep ahead of it.
- make an assessment of your level of career satisfaction.
- set realistic goals for improving your health and fitness and achieving peak performance



## **MUSCULO-SKELETAL HEALTH SEMINAR**

The 2-hour Musculo-skeletal Health Seminar is designed to help your staff identify the cause of their musculo-skeletal dysfunction and teach them the exercises they need to do to restore poor function to good – or stop the dysfunction from happening in the first place.

Once your staff have completed this Musculo-skeletal Health Seminar they'll willingly participate in a daily 10 minutes of strength and flexibility exercise program.

During the seminar staff complete a Specific Joint Assessment Profile and the 10-point Musculo-skeletal Risk Screen. From these results you'll have a good idea of what the risk to the organisation is and what to do to manage it.

From the results you'll be able work out what to do to erect a firewall between the personally generated musculo-skeletal dysfunctions and the genuine work-related injuries.

### **THE OBLIGATION**

This is a program for all staff – the risk is too high to let people pick and choose whether they want to attend.

We recommend staff to do it in sections so managers and supervisors can get a feel for the enormity of the problem and shoulder some of the responsibility for managing it.

### **AUDIT REPORT**

We take people through the 10-point Musculo-skeletal Risk Screen so they can get an idea of how weak and tight they are.

We provide organisations with an audit report generated by our health information management system, that includes individual scores. With this information you'll be able to better manage the risk of those people in poor musculo-skeletal health and those at grave risk to the organisation's workers compensation arrangements.

If the seminars are rolled out section by section, the audit report can be used as a management tool to not only lower the risk of musculo-skeletal dysfunction but also provide information on general health, fitness and wellbeing and WHS management in general.

### **THE ONGOING PROGRAM**

Based on our experience, participants will willingly agree to take part in a 10-minute stretching and strengthening session each day.

However, this will only happen if managers and supervisors are given a key performance indicator (KPI) to drive the program. Ideally, they will want to demonstrate that after 6 months their staff are stronger, more flexible and less pained that they were when the program first started.

Rewards and incentives can be built into the program.

Participants in pain and at grave risk will willingly agree to take part in several more intensive sessions each week or participate in the [Pro-Active Rehab program](#).

Daily Exercise program can be conducted by staff, with supervisors and managers providing general oversight. More intensive sessions in the workplace can be managed by staff trained and accredited by Miller Health.

### **EBOOK DOWNLOAD**

For a modest investment participants will have download access to the complete Global Back Care set of ebooks.



### **CLINICAL DIAGNOSTIC ASSESSMENT**

A high percentage of joint and muscle pain is personally generated. People are in poor physical condition. They have never had a regular and systematic strength and flexibility training program.

An incident comes along, one that people in good physical condition, with skeletons in good alignment take in their stride. People come down with joint and muscle pain. The organisation treats the incident as an accident. Workers compensation propels itself into action, spending the organization's money on medical interventions, for what are essential fitness problems.

You can't solve fitness problems with medical solutions. Fitness problems have to be solved by people themselves.

Using the **Clinical Diagnostic Assessment**, workhealth and safety managers can quickly determine which muscles are weak, which muscles are tight and

- prescribe staff with a strength and flexibility training program and
- supervise the program.

### **THE INVESTMENT**

This program is an investment in, not a cost to your business.

The aim of the program is to reduce your worker's compensation costs of musculo-skeletal dysfunction by 80%. In essence you're investing a small amount of money up front to save the high cost of worker's compensation arrangements further down the track.



*How to Manage*  
**Stress**

- open the doors of perception -

This one-day seminar is a must for people who want to better understand some of the key concepts in managing stress and living the life they want to live. It's based on the Wheel of Life.

There are a lot of things to keep in perspective.

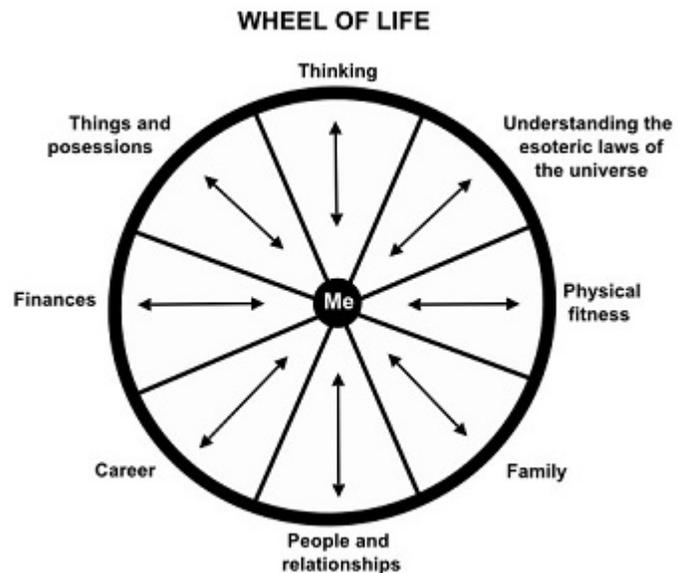
The seminar begins with an examination of stress

- what is it
- where does it come from
- what does it do to you
- what can you do to keep ahead of it.

The session then takes a look at the key areas of life represented on the Wheel of Life.

It also covers the topics:

- staying in the peak performance zone
- programming yourself for success
- illogical, irrational and confined thinking
- hanging on to negative beliefs
- laziness, procrastination, instant gratification, comparison and fear.
- perception, understanding, awareness, discernment
- passion
- family life satisfaction
- career satisfaction
- managing your finances
- taking control of your health, fitness and diet
- getting on with other people
- relaxation, meditation, auto suggestion and inner mental training
- distraction.



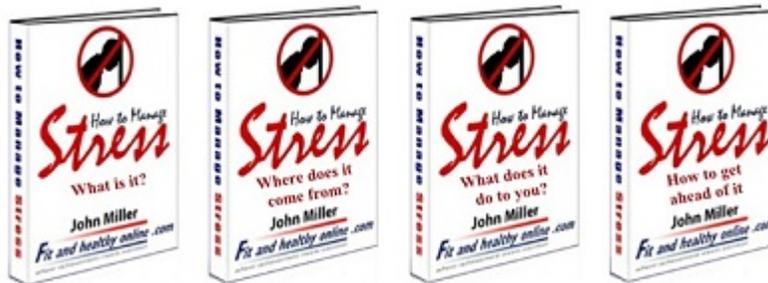
2000 years ago, Epictetus wrote,

*'People are not disturbed by things, but by the view they take of them.'*

He was probably right when he wrote that, and probably right when he wrote this:

*'To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete.'*

In a nutshell this seminar is about taking control of your life; completing the last, living the present and creating a powerful future.



It seems to afford a kind of pleasure to this generation to look on itself as the victim of high pressure. We hear much on all sides of the hurry of time, of the pace that kills and of the disturbing and demoralizing effects of modern industrialism and commercialization.

... Yet the feeling that life for most involves a large measure of struggle and output of nervous energy is not peculiar to our time. Each generation looks back with longing on the calmer life of its predecessors ... after all, however, the truth may be that we are inclined to attribute to nervous wear and tear and to an overwhelming multitude of sense impressions, ills that actually are due to other causes. Modern life is a pretty complex affair and it is not easy to analyze it into the factors that tend to modify human existence.

... The root of the matter is that neither modern life nor the urban life is to be blamed indiscriminately for what is popularly denominated nervous strain. If certain factors at present little studied and poorly understood are tending to increase disease of a nervous type, they may be individual more commonly than has been supposed.

American Medical Journal 5 August, 1905

[Click here](#) to download a copy of the **HOW TO MANAGE STRESS** suite of ebooks.



## **HOW TO LOWER BLOOD PRESSURE BLOOD GLUCOSE AND CHOLESTEROL**

The one hour How to Lower Blood Pressure Glucose and Cholesterol seminar is designed for people who are serious about getting back into good metabolic health.

High blood pressure, high blood glucose and blood cholesterol are symptoms of metabolic dysfunction, an insidious process associated with a decline in the performance of the key body systems that are designed to keep the cells of your body functioning normally.

Once you start to exercise more, eat wisely, get back close to your ideal weight, manage stress, get a good night's sleep, meditate, practice muscular and emotional relaxation and there's a good chance these symptoms of metabolic dysfunction will gradually disappear. When that happens, you'll know you're healthy.

High blood pressure, high blood glucose and blood cholesterol are not diseases. You don't 'catch' them. They're performance indicators of how well a range of body systems are supporting healthy cellular function. They're symptomatic of a body that hasn't been kept in good working order, hasn't been regularly serviced, whose performance is degraded.

Likely as not they're symptom of general malaise with more than one part of the body being dysfunctional, which is why you need to take a system-wide approach for restoring poor function to good.

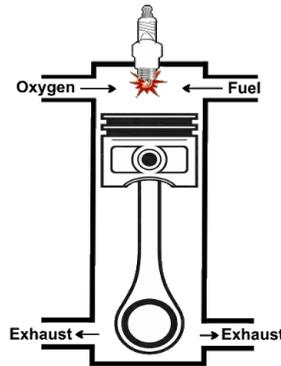
Taking a medication to lower high blood pressure, maybe necessary, but it is not sufficient. Only taking a pill to lower blood pressure, blood glucose and blood cholesterol is pretty much like cutting the wire to one of the warning lights on your car dashboard. You've turned off the light without addressing the problems to which it is alerting you.

You've shot the messenger.

A lot of people seized up and came to a halt because they didn't take any notice of the warning light.

In this seminar we provide a range of strategies you can implement to restore your body to good health. Improving your aerobic fitness is at the top of the list.

In the meantime, stay tuned, highly tuned and remember, high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker, high blood sugar is not caused by a lack of Gliclazide and high cholesterol is not caused by a lack of Lipitor.



## HOW TO IMPROVE YOUR METABOLIC AND MENTAL HEALTH

This two-hour seminar includes

- Aerobic Fitness
- The Hourglass Diet
- The Autonomic Nervous System
- Meditation

An interactive seminar, it's designed to provide participants with a good idea of what they, themselves can do to improve their metabolic health.

It's hard to define exactly what metabolic health is, other than to say that good metabolic is a symptom that your body is functioning at the peak performance level.

People in good metabolic health don't have elevated blood pressure, blood cholesterol or blood sugar.

People in good metabolic health have high levels of aerobic fitness, they are close to their ideal body weight, they sleep like logs, they don't get headaches. They don't rely on drugs to mask the symptoms of poor metabolic health.

The rise and rise of the practice of junk medicine has perverted the course of good metabolic health. Whilst, taking a drug to mask the symptoms of poor metabolic health may be a necessary course of action for the short term, it's not the wisest long-term course of action.

For most people, restoring poor metabolic health to good is something only they themselves can do.

The keys to good metabolic health lie in

- a regular, vigorous aerobic exercise program
- a diet that matches energy input with energy output and supplies the body with the essential nutrients it needs to function properly.
- an autonomic nervous system that's efficiently modulating key body system functions.
- meditation

## IS AEROBIC PHYSICAL ACTIVITY A USEFUL ANTIDOTE FOR DEPRESSION?

Yes, definitely.

When we improve aerobic fitness there are more parts of the body that start to work better - including the mind - than just the cardio-vascular system.

Studies consistently report a reduction in

- blood glucose and cholesterol levels
- cardio-vascular disease
- some cancers
- risk of dementia
- blood pressure
- body fat

... along with improvements in

- quality of sleep
- bone and muscle health
- energy and vitality

Aerobic physical activity strengthens the immune system. It boosts mood as it releases the natural feel-good chemical and painkiller, endorphins.

In short people feel better. And a lot more people would feel a lot better if they exercised longer with their heart rate in the Fitbit Zone 2. A Fitbit fitness tracker is an essential tool in the prescription, measurement, management and monitoring of an aerobic fitness program.

In his book, *Healing Without Freud or Prozac* (Rodale 2003), David Servan-Schreiber, former clinical professor of psychiatry at the University of Pittsburg writes:

*'Researchers at Duke University (Babyak et al, 'Exercise Treatment for Major Depression' Psychosomatic Medicine 62, No.5, 2000) carried out a study comparing the antidepressant effects of jogging with those of Zoloft. After four months, patients treated with either approach were doing equally well. The medication offered no particular advantage of the regular practice of jogging. Even combining the medicine with jogging did not enhance the effects.'*

*On the other hand, a year later, there were major differences between the two types of treatments. More than a third of the patients treated with Zoloft had relapsed, whereas 92 percent of those who had followed the jogging program were still doing well.'*

It's a pity this research was done before the Fitbit age. Measuring Fitbit zone points achieved every day would have been a useful metric.

*'Another research project at Duke University, (Blumenthal, Babyak et al, Effects of Exercise Training on Older Patients with Major Depression', Archives of Internal Medicine 159, 1999), found that depressed patients aged between 50 and 77 benefited just as much from 30 minutes of brisk walking three times a week as they did from an anti-depressant.'*

So, the answer is a definite 'Yes'.

I use a Fitbit and recommend people get at least 50 Fitbit zone points a day. This requires you to get your heart rate over (roughly) 60% of your (estimated) age-related maximum heart rate for 50 minutes (1 zone point per minute.)

If you can get it over (roughly) 70% you get 2 points per minute - therefore getting 50 Fitbit zones minutes takes even less time.

Start running for 30 minutes a day.

Of course, the effect of regular, vigorous physical activity may be temporary, but only if you stop what is a life-long program. Keep it going. We all need to keep vigorously active - for life, no ifs, no ands, no buts!



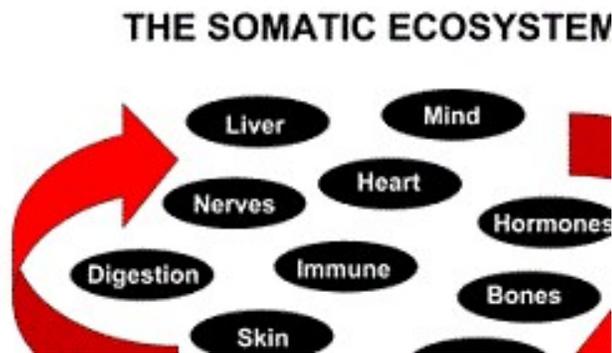
*'If the doors of perception were cleansed everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.'*

William Blake



## AEROBIC FITNESS

During this one-hour seminar you'll learn how your level of aerobic fitness is a good indicator of the condition of the metabolic system responsible for transporting oxygen to working muscles: - the heart, lungs and blood vessels. However, to restrict the importance of aerobic fitness to the cardiovascular system does it a grave injustice. On the contrary, your level of aerobic fitness is perhaps the best indicator of the health status of most of the important body systems.



Only 10 to 15 percent of people over the age of 30 years participate in sufficiently vigorous activity (of the huff and puff variety) each week to maintain reasonable level and reap the benefits of aerobic fitness.

According to the research, the stimulus to improving aerobic fitness is at least three vigorous aerobic sessions a week of at least 20 minutes a session. And if 20 minutes is good, 30 minutes is better and 40 minutes is best.

Along with time, the intensity of your aerobic exercise needs to be taken into account. They say that you need to get your heart rate to at least 60% of your maximum heart rate (MHR) to gain an aerobic training effect. 70% is probably more like it. 80% is achievable and sustainable for people in good aerobic condition and something worth aiming at. Maximum heart rate is said to be 220 minus your age.

The people we see who are in the best of health are those who have a vigorous aerobic training program, for 40 minutes on most days of the week. I see little evidence that ambling around the block for 10 minutes does much for the cardiovascular or any other system, or that it has much of an impact on lowering stress levels.

### Fitbit

Fitbit have revolutionized that way aerobic exercise is prescribed, measured, managed and monitored. If your staff are in poor metabolic or mental health, Miller Health can show you how you can incorporate Fitbit technology into your WHS program.

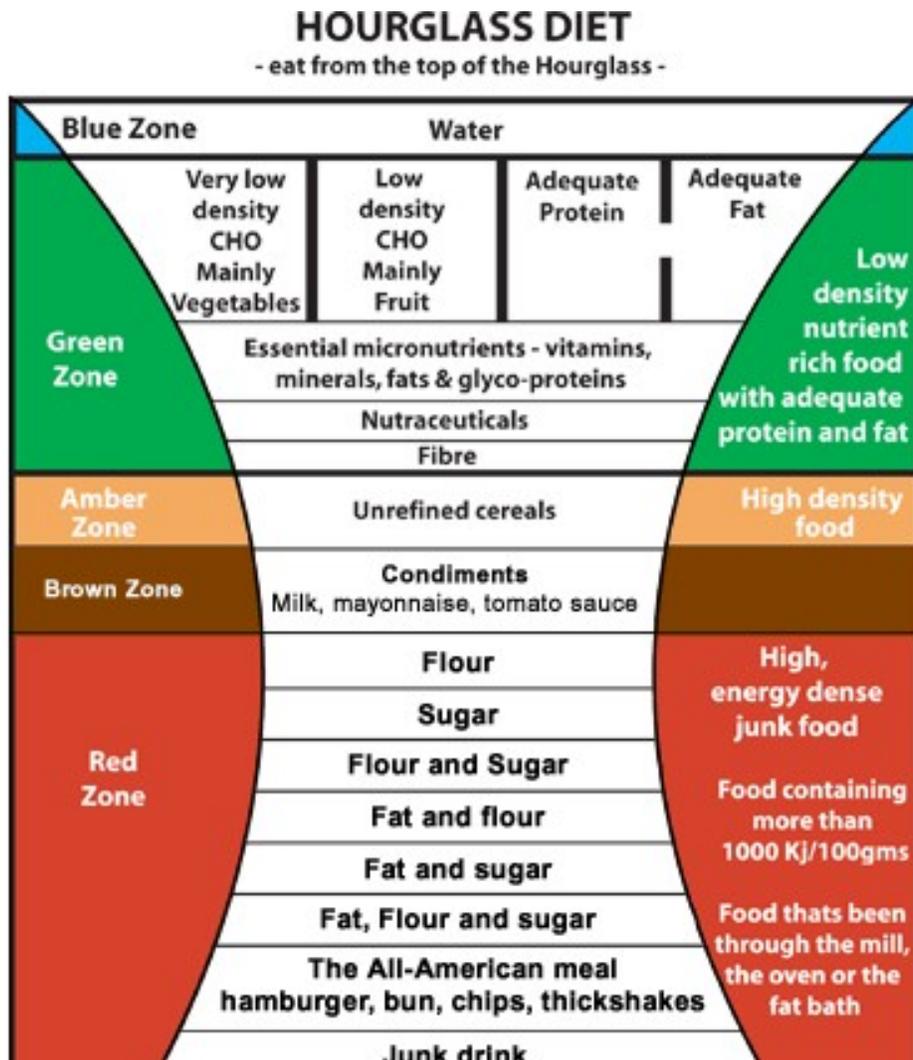


## THE HOURGLASS DIET

It's a big ask in our society it's a big ask expecting to stay healthy if you're eating

- too little of those foods which nourish the cells of your body
- too much of those foods which are high in fat, flour and sugar, which cause you to stack on fat around your body, contribute to metabolic, musculo-skeletal and psychological dysfunction and which may cause an intolerant or allergic reaction in one or more body systems,

In this one-hour seminar you'll learn how to eat from the top of the hourglass.



In a nutshell the Hourglass Diet is a model that has good food at the top and junk down the bottom. Once you get the hang of the difference between good food and junk food, the battle is half over.

The Hourglass diet contains nutritional guidelines that encourage you to:

- eat to nourish the cells of your body
- satisfy your hunger
- maintain an ideal weight and
- support good metabolic, musculo-skeletal and psychological health.

Couple the Hourglass Diet with regular vigorous exercise and you'll certainly be rewarded with good health.

Nothing in this world can take the place  
of persistence.

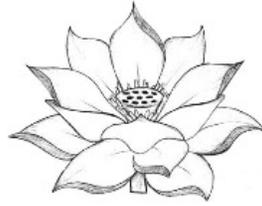
Talent will not: nothing is more common  
than unsuccessful men with talent.

Genius will not; unrewarded genius is  
almost a proverb.

Education will not: the world is full of  
educated derelicts.

Persistence and determination alone  
are omnipotent.

Calvin Coolidge



## **RELAXATION - BETTER SLEEP – FEWER HEADACHES**

This 1-hour seminar is especially designed for people who want to learn how to relax and sleep better.

There's an epidemic of poor sleep in our community that's definitely not due to a lack of Stilnox.

The big questions to ask yourself are 'Why can't I sleep well? What's keeping me awake? What's waking me up?'

The first causality of anxiety is poor sleep. Or maybe you're not tired. Maybe you don't need as much sleep as you think. Maybe you drink too much.

If you're a man and over 50, there's a few things you need to know about lower-body physiology. Plus, hope to high heaven you're not driving your sleeping partner to distraction by three-door snoring.

If you're a woman and you've got a sleeping partner who snores his head off every night, for your own sanity you need to sharpen your elbows up and come to this seminar.

During the session you'll be introduced to several muscular relaxation and meditation techniques and an inner mental training routine designed to get you drifting off to sleep like a kitten.

You'll learn about the benefits of physical activity, holidays and taking a break at lunch time.

### **MEDITATION**

Meditation is one way of getting in control of our bodies and our minds. It is a particularly good way to stimulate the parasympathetic nervous system. When that happens, muscles relax and blood vessels dilate to the very core of your body. You feel more relaxed generally and your blood pressure comes down.

The state of deep relaxation is useful in calming the body and re-establishing equilibrium within the nervous and endocrine systems.

### **SLEEP**

A good night's sleep is an essential pre-requisite to a healthy functioning metabolic system.

The number of hours sleep we need is a highly individual matter. There is a normal spread of hours from 5 through to 9. Some people even get along very well with just 4 hours sleep a night. It is all they need. For most healthy, stimulated people 9 hours would appear to be too much.



## THE COMPLETE FITNESS PROGRAM

The 2- hour Complete Fitness Program comes in a package that includes aerobic, strength and flexibility exercise.

Abraham Lincoln is credited with saying that we are about as happy as we want to be. Similarly, we are about as fit healthy as we want to be.

For us mortals, the rewards of regular, vigorous physical activity are compelling. On top of feeling better, all the major systems of your body work better. (It does aerobic exercise a grave disservice to limit its effects to the cardiovascular system.)

When it's all boiled down, you don't need a great deal of equipment or expense to improve and maintain your level of fitness. As a minimum, a brisk walk, shuffle or jog, followed by a few situps and pressups and some flexibility exercises will do you a world of good.

Some of the strength exercises can be done without any equipment and the flexibility exercises can be done while you watch television. It's all about strengthening and loosening the muscles designed to keep your bones in correct alignment. Do that on a regular basis and your back and neck should soon be as right as rain.

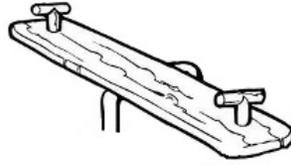
During the seminar you'll have the opportunity to find out how fit you are.

You'll have the chance to develop your own fitness program and learn some of the key exercises you need to do to keep yourself in good nick.

**It's a big ask expecting to stay healthy  
without keeping yourself fit.**

**It's an even bigger ask expecting to  
get better by having someone do  
something to you; sooner or later you  
have to do something to yourself.**

**John Miller**



## **WORK/LIFE BALANCE - look after your Self**

How to live the life you'd really like to live.

This two-hour seminar is a must for people who want to make improvements to their lifestyle; who want to get a better balance between the work and non-work aspects of their life.

When the balance goes, we become more stressed. We can't find time for exercise. We forget to meditate. The tension builds in our personal and work relationships. Our muscles tighten up.

It is a seminar is for people who want to reclaim that balance and the benefits that accrue from it; who want to feel better, have more energy and vitality, reduce their stress level, get more out of life, and live the life they'd like to live.

During the seminar you will find out: -

- how the Self reacts to lack of time, attention and thought
- where stress comes from, what it does to you, and what you need to do to keep ahead of it.
- about the things you need to do to feel better
- the current status of your health and fitness according to the Mind and Body profile.
- how to keep your body in good physical condition. This aspect of the seminar is essential for anyone with a personally-generated body system dysfunction, including a crook back, headaches, insomnia ....
- how to eat to nourish the cells of your body and not just fill up your stomach
- how a muscular relaxation, meditation and inner mental training program calms both your head and your body
- why getting a job that suits your personality, your intelligence strengths, your right or left brainedness, your interests and passions creates flow rather than struggle.
- how to make the distinction between financial assets and liabilities.
- what you need to do to get the job you'd really like to have. (Wouldn't it be good to have a job you loved doing so much you'd do it for nothing, you could do it with ease and which you did so well you'd be paid handsomely.

You'll learn about the Great Wheel of Life and the concept of oscillation and what you can do about it.

You'll have the opportunity to set realistic goals for achieving more balance in your life. When you've got that you'll sleep like a kitten.



## CAREER SATISFACTION

Wouldn't it be good to have a job you loved doing so much you'd do it for nothing, but which you did so well you'd be paid handsomely?

Join John Miller for this one-hour seminar designed to inspire and motivate yourself to have a rich and fulfilling career.

Wouldn't it be dreadful to climb the career ladder, and on the day of your retirement finally having the opportunity to look over the wall, realize that you climbed the wrong wall?

During the seminar you'll: -

- make an assessment of whether or not you're in the right job
- learn the first, second and third laws of management
- determine whether you're selling yourself short financially
- be exposed to some models relating to change and turbulence.

You'll start thinking about getting a job that suits your personality, your intelligence strengths, your right or left brainedness, your interests and passions. Do that and you'll find yourself experiencing flow rather than struggle.

Discover how, by getting onto the front foot and working in synch with the first two laws of management you can make life at work more comfortable. You'll learn how to get good feedback from your manager.

Things change when you change. Learn how by changing yourself you'll be better equipped to fit into an organisation that's changing.

You'll come away from the seminar with some goals to work on, and the inspiration and motivation to get the job you'd really love to have.

We first make our habits, then our habits make us.  
John Dryden