The aim of the Maxhealth Wellness Programme is to address and combat the core health and psychological challenges that encumber our work force.

These include:
1. Fatigue and lack of energy.
2. Diminished mental function and reduced memory capacity.
3. A declining capacity to deal effectively with stress.
4. Weight gain and ineffective strategies for promoting satisfactory and lasting weight loss.
5. Insomnia characterised by persistent, poor sleeping patterns.
6. Debilitating anxiety and depression.

Goals and outcomes of this programme.
1. Significantly boosting energy and productivity.
2. Enhanced mental function and improved memory skills.
3. Augmented capacity to deal with stress.
5. Healthier sleep patterns and elevated mood.

This programme offers three tiers which provide participants differing evaluation complexities depending on their needs and goals.

Our experts include:

- **Dr Michael Elstein.** Renowned author, anti-ageing and wellness doctor, who has delivered key-note addresses at medical conferences around the world.

- **John Terilli.** Former Mr Universe and internationally acclaimed Personal Trainer and fitness guru. John is a Specialist in Cosmetic Training, which is the ultimate way to especially change your look for the better, along with health and performance.

- **Maximus Escouri.** Yoga and fitness facilitator with experience in both the USA and Australia.

- **Cynthia Talone.** Corporate massage, mindfulness and relaxation expert with a wealth of experience.

- **Barrie Robertson.** Pilates innovator with a uniquely devised flexibility and muscle strengthening programme.

- **John Petrozzi.** Principal Chiropractor - postural realignment and sports Chiropractic Specialist.
In addition to the core medical and fitness assessment, our experts will provide modules that embrace their signature expertise in order to facilitate ongoing optimal physical, mind and emotional wellbeing.

**Foundation Health Check**

The foundation assessment provides the client with a fundamental appraisal of core health parameters. It is focused on detecting some of the prime health risk factors for diabetes, heart disease and loss of functional mobility.

This evaluation takes approximately one hour to complete and covers:

- Personal & Family Health History
- Lifestyle Profile (including alcohol, smoking, activity and nutrition)

It is followed by a Comprehensive Health and Medical Examination of the following:

- Personal Medical History
- Head to Toe Medical Examination

Pathology testing including:

- Total Cholesterol / HDL / LDL / Triglycerides
- Blood Glucose or Sugar
- Body Mass Index (BMI)
- Waist Measurement

This evaluation will provide a comprehensive report that includes pathology results that is easy to understand. Clear recommendations for healthy lifestyle adjustments designed to optimise health goals and maximise energy and wellbeing will be highlighted.

Fitness and Flexibility assessment include:

- Heart rate analysis
- Skin fold and anthropometric measurement analysis
- Action plan for strength, flexibility and endurance
- Customised regular yoga, PT, Pilates and meditation sessions, $295 per session (optional)

**Price**

$795
Premium Health Check

This is an in-depth analysis of the major health risk factors for heart disease, diabetes, Alzheimer's dementia, and gradual loss of functional mobility. It is a three hour long check and it measures the key vitamins and minerals that are essential for energy and wellbeing. Cardinal hormones that impact stress and healthy sleeping patterns will also be quantified.

It also includes a comprehensive organ systems and health evaluation questionnaire that examines:

- Personal and Family Health History
- Lifestyle Profile (including alcohol, smoking, exercise activity and nutrition), stress and sleep assessment

This will be followed by a Complete Health and Medical Examination which involves a ‘Head to Toe’ examination including cardiovascular, respiratory, neurological, abdominal and musculoskeletal assessment, as well as a skin cancer check.

Pathology will include:

- Full Blood Count (including Haemoglobin / White cells / Platelets)
- Cutting edge cholesterol evaluation which measures lipid sub-fractions-thereby quantifying the prime risk factors for heart disease
- Biochemistry including liver function panel, electrolyte and kidney assessment
- Measurement of cortisol the major hormone impacting energy, stress levels and healthy sleep patterns
- Saliva melatonin assessment- the principal hormone responsible for restful sleep
- Thyroid Function, including free T4 and free T3
- Vitamin B12
- Magnesium, calcium, iron and zinc.
- Blood Glucose or Sugar
- Urinalysis, and
- Body Mass Index (BMI)

Detection of postural abnormalities and fitness deficits:

- Heart rate analysis
- Skin fold and anthropometric measurement analysis
- Nutritional consultation
- Static postural analysis
- Dynamic postural analysis
- Functional movement analysis
- Individualised exercise action plan
- Corrective yoga session
- Customised regular yoga, PT, Pilates and meditation sessions $295 per session (optional)
The client is provided with a comprehensive report that includes detailed recommendations for dietary, nutritional, hormonal and lifestyle measures to appropriately manage the results of this evaluation.

Follow-up will be arranged to assess progress with this programme in order to ensure that successful outcomes are achieved. This programme is designed to achieve optimal nutritional status, maximise energy, reduce stress, institute healthy sleeping patterns, restore strength, align posture, resolve muscular rigidity and minimise the risks of developing age-related diseases.

**Price**

$1,795

**Platinum Health Check**

This is the optimal health check that provides long lasting results. It involves the following:

- Comprehensive organ systems and health evaluation questionnaire
- Personal and Family Health History
- Lifestyle Profile (including alcohol, smoking, exercise activity and nutrition)
- Stress and Sleep Assessment
- A Comprehensive Health and Medical Examination which involves a ‘Head to Toe’ examination including cardiovascular, respiratory, neurological, abdominal and musculoskeletal assessment, as well as a skin cancer check

Pathology testing that includes:

- Full Blood Count (including Haemoglobin / White cells / Platelets)
- Total Cholesterol / HDL / LDL / Triglycerides
- Food allergy/intolerance including gluten, yeast and dairy if necessary
- Urinalysis
- Biochemistry including liver function panel, electrolyte and kidney assessment
- Measurement of cortisol the major hormone impacting energy, stress levels and healthy sleep patterns
- Saliva melatonin assessment - this is the principal hormone responsible for restful sleep
- Vitamin B12
- Magnesium, calcium, iron and zinc
- Blood Sugar - this will include a two-hour assessment of sugar or glucose metabolism, as inefficient glucose metabolism is associated with weight gain and is a risk factor for diabetes
- Thyroid Function including free T4 and free T3
- Risk factors for heart disease and Alzheimer’s dementia including High Sensitivity C-Reactive Protein, Homocystiene and Lipoprotein (a)
- Extensive hormonal panel including growth hormone, DHEA, testosterone, oestrogen and progesterone for women
- Genetic profile including apoE4 genotype-the major risk factor for Alzheimer’s and MTHFR genotyping, a genetic mutation which can increase heart disease and dementia risk
- Bone density assessment
- CT scanning to assess fat mass, muscle mass as well as fat accumulation around internal organs, a risk factor for diabetes and heart disease

Detection of postural abnormalities and fitness deficits:
- Heart rate analysis
- Skin fold and anthropometric measurement analysis
- Nutritional consultation
- Static postural analysis
- Dynamic postural analysis
- Functional movement analysis
- Individualised exercise action plan
- Corrective yoga session
- Customised regular yoga, PT, Pilates and meditation sessions $295 per session (optional)

The client is provided with a Comprehensive report explaining all the findings from the above assessment and will provide an actionable programme that outlines dietary, nutritional, hormonal and supplementary strategies, as well as exercise based measures designed to address the results of this analysis.

**Price**

$2,925