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Pilates put staff on the right track

SHAPE UP
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PILATES started off as the weird sounding class that only the curious tried but now it's so popular purpose built pilate studios are popping up all over the place.

It is also becoming popular in the workplace.

Recent trends in health and wellbeing have made a happy and healthy work environment one of the most important investments a firm can make.

Figures from The Health and Safety Executive show more than two million employees in Australia are suffering from illnesses aggravated or caused by their job.

This is why city recruitment company Talentpath is paying for staff to do pilate classes once a week.

Director Jody Fazldeen said while the company was young and growing she wanted to put in place a culture of health and wellbeing.

"As well as strengthening and conditioning, it's really great mentally for us as there is no room for other thoughts we have to concentrate on our breathing and muscles," she said.

Mobile massages and even yoga were popular initiatives introduced in the workplace.

Julie Campbell, director of Revive pilates studio on Mary St in the City, said she received a lot of interest from the corporate world.

"I have plenty of inquiries from employers but haven't had them sign up yet," she said.

"More and more groups are coming in but it's not an initiative of their employer."

Liz Quinn of Paddington pilates and

physiotherapy centre Pulse said a functional work environment began with changing the culture of the workplace and supporting a fitness regime for staff.

"It is important to encourage fitness in the workplace, because the real bottom line is that happy staff will feel good doing business for you," Quinn said.

POWER PLAY: Revive Director Julie Campbell works with Sian Robinson.



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