

# Get Fit for Work

Mission Australia Return-to-Work Solutions



Mission Australia

Employment  
*Solutions*



'Get Fit for Work' is a voluntary program that provides you with short term assistance to help you improve your health, movement, strength and fitness.

The program is designed to help you:

- Assess your current health and fitness
- Establish a healthy routine and set realistic health, fitness and employment goals
- Provide you with a tailored exercise program to help improve your work capacity
- Help you develop a self managed home exercise program.

If you'd like further help with your general health and fitness, talk to your Employment Consultant and ask them to refer you to the 'Get Fit for Work' program. After you have been referred, we will contact you to arrange an appointment time.

To find out more about the 'Get Fit for Work' program, visit our website [www.employmentsolutions.com.au/returntowork](http://www.employmentsolutions.com.au/returntowork)



## Contact us

If you have any questions, please contact us on 1300 449 585.  
We'll do our best to help.

[www.employmentsolutions.com.au/returntowork](http://www.employmentsolutions.com.au/returntowork)

