



The Wilding Project and Olympic Fun & Fitness has been teaching people how to move since 1978. Some of our programs include gymnastics, parkour, whole body-functional movement training and specialised movement coaching to some of WA's best junior footballers.

Our team consists of movement specialists: physios, remedial massage therapists, ergonomists, personal trainers and sport coaches. We work on-site and also have a 700sqm air-conditioned venue in Jandakot, WA dedicated to our love of movement.

Introducing:

WORKPLACE ATHLETES

'Real Skills, Real Safety'

The best athletes in the world train up to eight hours a day and have specialist movement coaches, medical and health professionals readily available to make sure they stay injury free and perform at their best. We apply the same logic to the modern-day worker.

"MOST PEOPLE DON'T KNOW HOW TO MOVE WELL."	WORKPLACE ATHLETICS
<p>Is there a correct sequence and timing to transitioning from the floor to standing up, lift and carry, crawl and roll or jump and land that makes these activities safe?</p> <p>What about climbing in and out of a forklift, confined space or scaling a ladder or scaffold? Are there correct techniques for these activities too?</p> <p>Or how about standing for long hours? Is there a preferred postural alignment for this stationary activity that might prevent injury?</p> <p>And are there mobility exercises specific to my work that can improve function and prevent injury?</p> <p>The answer to all of these questions is, "You bet there are!"</p> <p>Despite the amount of movement and exercise we do on a daily basis few people know how to move well or move safely.</p> <p>Combine this lack of knowledge to physically demanding work and you have yourself the perfect ingredients for an injury-rich workspace.</p> <p>That's where we come in.</p>	<ul style="list-style-type: none"> • On-Site Assessment • Skill Acquisition • Ongoing Assistance <p>1. Onsite Assessment: <i>you're unique</i></p> <p>We conduct onsite movement audits to determine the movements used in your workplace. We identify movement patterns, grade the risk of those patterns and identify the skills necessary to best perform these patterns often and safely.</p> <p>2. Skill Acquisition: <i>teach them how to fish!</i></p> <p>We come to you and deliver a tailored movement program. We teach your employees the movement skills they need to know to move safely and will start using in the workplace immediately.</p> <p>Over a series of weeks your workforce will understand how to perform all relevant movement patterns safely and efficiently. Saving bodies, preventing injury and keeping your most precious resource doing what they do best: working.</p> <p>3. Ongoing Assistance: <i>we'll stick around!</i></p> <p>Workplaces are dynamic and we're here to help. Specialist advice is an email or phone call away.</p>