

PrimeFit

Fitter for life

New year, new start?

Join the pilot wellbeing programme from ANZCO Foods Canterbury and EA Networks to help you reach your health and wellbeing goals.

We're offering a limited number of spots in a trial – fully funded by ANZCO Foods Canterbury. Applications open Monday 12 January and close Saturday 31 January.

No judgement – just support, guidance, and progress, and totally confidential.

Who can join?

This programme is open to any ANZCO Foods Canterbury, Rakaia, and Ashcold employee wanting to:

- Improve fitness
- Lose weight
- Reduce health risks
- Increase motivation
- Build healthy habits
- Feel stronger and more supported

What do you get?

- Full access to EA Networks Centre Gym including pool, sauna, spa & hydrotherapy access
- More than 90 group fitness classes each week to choose from
- Full health assessment to get you started
- Personalised 60-minute exercise programme
- Weekly check-ins for support and progress checks
- Supportive EA Networks staff – all fully qualified exercise professionals

Ts & Cs

By signing up, you acknowledge that ANZCO Foods Canterbury fully covers the cost, and failure to complete the programme may result in you paying back Canterbury.

Get full Ts & Cs by scanning the QR code.

Keen?

Limited spaces are available. Scan the QR code for more information and to apply.

For more information, email the site nurse at Canterbury.Nurses@anzcofoods.com

Applications open Monday 12 January and close Saturday 31 January. The programme begins Monday 2 March.

