

# A health check for the price of haircut

**Health:** We want stressed workers to take control of their own well-being

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"We are very good at looking after our personal wealth but not our personal health."

So said Tricia Kalloo, CEO of Wellness International who is encouraging busy Wharf workers to take their health into their own hands.

Ms Kalloo has opened the doors to a new healthcare centre based at Reebok Sports Club in Canada Square, providing a range of individually tailored health assessments and well-being advice.

With the ethos "placing you at the heart", the company aims to help eliminate the barriers to a healthier lifestyle.

Fit for Premier League football managers, busy execs, or an individual who wants to improve their health, Wellness International has pioneered preventative healthcare by developing screening programmes.

Ms Kalloo said: "We work with businesses and senior execs who forget to look after themselves, football managers who get stressed out on the pitch and anyone off the street who wants a health check for the same price as a haircut."

Wellness International was born in 1997 out of a desire to improve the health of personnel at Adidas UK.

The workforce were encouraged to exercise, given lifestyle intervention programmes to follow and nutritional guidance.

Some 13 years later, this model is being used by Ms Kalloo and her team to help clients keep their bodies and minds in top condition.

Ms Kalloo said: "We provide a range of assessments to suit the budgets of any individual or business. We even have

portable kit bags where we can come to your office and do a health check at your desk.

"With the recession we have seen a surge in stress-related conditions and we want to teach people that prevention is always better than a cure.

"A certain football manager who recently lost his wife told us that the mourning and stress of his loss was

similar to that when losing a game of football.

"I'm sure if his wife was still alive she would hit him over the head, but 44 per cent of football managers are at risk of cardiac problems due to their stressful job."

Trinidad born Ms Kalloo has a background in healthcare administration in the USA, before coming to the UK and joining forces with Wellness International in 2009.

Her team is made up of healthcare advisers who are Masters in Sports Science and GPs including Dr Michael Stone who also looks after the likes of Andrew Strauss as the England Cricket Team doctor. The assessment can involve everything from dietary analysis, blood tests, exercise fitness tests, stress profiling and motivational coaching.

This week Locog became a new client and the committee's staff will be offered subsidised health assessments and fitness programmes.

Ms Kalloo said: "There seems to be more 'no' reasons than 'yes' reasons to get healthy, but we help create realistic goals."

Go to [wellnessinternational.co.uk](http://wellnessinternational.co.uk).

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We have portable kit bags where we can do a health check at your desk



CEO Tricia Kalloo's company is offering health checks to Wharfers