Why focus on workplaces?

Australians spend about one third of their lives at work. So it makes sense to consider your workplace as an important setting to improve health.

<table>
<thead>
<tr>
<th>Unhealthy workers</th>
<th>Healthy workers</th>
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</thead>
<tbody>
<tr>
<td>Self-rated performance 7 / 10</td>
<td>Self-rated performance 8.5 / 10</td>
</tr>
<tr>
<td>High-fat diet</td>
<td>Healthy diet</td>
</tr>
<tr>
<td>Low energy levels and poor concentration</td>
<td>Fit, energetic and alert</td>
</tr>
<tr>
<td>Obese or overweight</td>
<td>Normal body weight</td>
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<tr>
<td>Irregular sleep patterns</td>
<td>More attentive at work and better sleep patterns</td>
</tr>
<tr>
<td>Poor stress management techniques</td>
<td>Actively manage stress levels</td>
</tr>
</tbody>
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Commit to making your workplace a healthier workplace.


Register online at gethealthyatwork.com.au
It’s time to Get Healthy at Work

Get Healthy at Work is a NSW Government service that aims to help improve the health of working adults.

It focuses on:

- Healthy weight
- Physical activity
- Healthy eating
- Active travel
- Smoking
- Alcohol

No matter what industry you’re in or the size of your workplace, everyone can benefit from the service, even if you have a health program in place already.

The service helps you to create a healthier working environment in two ways:

- by addressing individual behavioural and workplace factors contributing to poor health, and
- supporting people to achieve their personal health goals

There are many benefits to your business

Investing in workplace health offers real benefits from improved staff morale, motivation and teamwork, to more alert workers. It all helps to increase job satisfaction and longevity.

- Organisations that promote health and wellness are more likely to retain staff within 12 months.
- Healthy workers have increased morale and engagement at work.
- Healthy workers are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains.
- Healthy worker programs can improve workers’ health and reduce their chances of developing diseases such as diabetes.

The Get Healthy at Work service offers practical advice and support to workplaces including:

A Workplace Health Program: All the tools, templates and resources you need to put together a simple action plan to address a priority health issue in your workplace. The program is available online, over the phone or at your workplace. Online tools help you to continuously review and improve health issues, one by one.

Brief Health Checks: A free and confidential service for workers, completed either online or by trained health professionals at your workplace. It offers immediate feedback about an individual’s health and risk of developing type 2 diabetes and heart disease. It advises on how to make changes for better health, with referrals to lifestyle coaching programs and other health services.

“The minute you start taking a genuine and sincere interest in people, they start to take a more sincere interest in you.”

David Leak, Service Centre Manager, TNT Express

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