

1

Provide healthy food and drinks at work functions

Swap the packet of biscuits for a fruit platter, and sausage rolls for salad sandwiches at work functions eg. meetings, conferences, lunches and celebrations. Healthy food can improve alertness and concentration, whilst helping the health of workers.

2

Start a lunchtime walking group

Get some fresh air in your lungs. Lace up your shoes and take a walk with your colleagues. Ever heard of Walking@Work? Check out their downloadable guide for more info: www.healthierworkplacewa.com.au/media/3651/walking-work.pdf

3

Promote the smoking Quitline

Quitline is a free interactive support service for people wanting to quit smoking. Check out the Quitline website for more information: www.quitnow.gov.au

4

Register workplace teams to participate in local physical events

Build a stronger workplace culture. Sign your team up for HBF Run for a Reason, the City to Surf or start your own in-house basketball competition.

5

Make your lunch room inviting

Provide space for staff to store and prepare food. This will make it easier for them to bring a healthy lunch from home. Items such as sharp knives, peelers and cutting boards can really make a difference.

Develop a program

Want to further the health and wellbeing of your workplace or just looking for more ideas? Check out www.healthierworkplacewa.com.au/take-action/get-started/develop-a-program

6

Supply workers with transport maps for routes to and from your workplace

When people exercise before and during work, they can be more productive all day. Include information about local walking pathways, cycling routes and public transport timelines in your workers' induction packs, or place in a visible location in your workplace.

7

Remove rubbish and recycling bins from individual desks

Sitting at your desk all day is bad for your health! Promote walking by locating bins in a central location to encourage staff to get up and interrupt their sitting. Healthy workers can be almost 30% more productive than unhealthy workers.

8

Have standing/walking meetings instead of sitting around a table

Confronted with another meeting? Don't just sit there, use it as an opportunity to take a walking meeting. If that is not possible, stand up for periods during the meeting. Standing can burn almost twice the kilojoules of sitting.

9

Send our Health Works newsletter to your employees

Health Works is a downloadable resource full of health tips and advice for workers. You can even add some health hints of your own with our editable version:

www.healthierworkplacewa.com.au/take-action/tools-and-resources/resources

10

Only use healthy gifts or prizes

Be original. Don't give a bottle of booze or chocolates as a prize or gift. Give a healthy cookbook, some sports equipment or a voucher for some walking shoes. The gifts will be more memorable and your workers will thank you for it.

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