

Healthier



Workplace WA

Healthier Workplace WA wants workers in Western Australia to be amongst the healthiest in the world. We support workplaces of all sizes to develop health and wellbeing programs that focus on smoking, healthy eating, alcohol, physical activity and sedentary behaviour.

## Why? Because research says it benefits everyone.

**Workers** who make healthy lifestyle choices are less at risk of developing chronic lifestyle diseases like type 2 diabetes, heart disease and some cancers. They are also more likely to enjoy life, at work and at home.

**Workplaces** that invest in health and wellbeing can expect their workers to be sick less often and more motivated and productive, which is good for business. They also enjoy an enhanced reputation and higher staff retention rates.

Workplace health doesn't have to be complicated or expensive. Healthier Workplace WA can support you *free of charge* to plan, deliver and review a workplace health and wellbeing program that tackles one or more of these:

- » Healthy eating and drinking habits for workers supported by nutritious workplace catering
- » Smoking cessation for workers and smoke-free workplace policies
- » Strategies to encourage physical activity and reduce the risks associated with long periods of sitting
- » Responsible consumption of alcohol by workers in line with national guidelines and alcohol-free workplace policies

# Get started on making your workplace healthier:

1. Visit [www.healthierworkplacewa.com.au](http://www.healthierworkplacewa.com.au) to access plenty of free resources
2. Take the online Workplace Health Check to see where you could improve health and wellbeing in your workplace
3. Contact one of our knowledgeable advisors for free advice, support and referrals to five free programs, including:
  - » Fresh Start workplace courses for smokers who want help with quitting
  - » Advice, support and recommendations from Healthy Choices, Healthy Futures to improve workplace catering and vending machine options
  - » The online Get on Track Challenge that uses fun and friendly competition to encourage workers to get active and eat well
  - » My Healthy Balance, an online healthy lifestyle program that encourages and supports behaviour change related to healthy eating, physical activity and healthy weight
  - » Support to promote walking, cycling and public transport from the TravelSmart Workplace Program
4. Plan, implement and review a workplace health and wellbeing action plan
5. Enjoy all the benefits of a healthier workplace



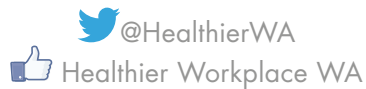


## GET IN TOUCH

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Supported by:



Government of **Western Australia**  
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Western Australia

A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health.