



Creating a “Well Workplace”



Practical tips for the HR team

5 tips for encouraging staff to be more active

- Organise a 10,000 steps pedometer challenge in your workplace.
- Hold a ‘walk or cycle to work week’.
- Make it easier and more inviting for staff to take the stairs rather than the elevator or escalator. You can achieve this by ensuring the stairwells are kept clean, safe and easily accessible, and by displaying educational posters to prompt staff to choose the stairs.
- Provide a gym or exercise equipment such as Swiss balls in your workplace. You can arrange for a qualified exercise physiologist to come in and show your staff how to use the equipment safely and effectively.
- Organise Corporate Fitness Sessions for your company, whereby a qualified exercise physiologist will enable your staff to achieve health benefits in a fun yet safe supervised environment.

5 tips for encouraging healthier eating choices at work

- Organise posters to promote healthy choices and display these in the staff kitchen or cafeteria
- Organise baskets of fresh fruit to be delivered regularly to your workplace
- Ensure that there are always healthy options available in your staff kitchen or cafeteria; at staff or board meetings; and for morning tea functions.
- Provide a selection of teas and herbal teas in the staff kitchen, and encourage staff to choose teas more often than coffee
- Provide healthy energy sustaining breakfasts for staff who start working early in the morning, to boost their energy levels and productivity

5 tips for reducing workplace stress

- Organise time management and stress management seminars for your staff
- Arrange yoga, Tai chi or Corporate Fitness Sessions in your workplace
- Arrange a staff support system so staff can readily access counsellors, psychologists or other health professionals during difficult or stressful times
- Create efficient systems within your workplace, so as to enable tasks to be completed as efficiently as possible
- Provide opportunities for your staff to learn relaxation techniques such as visualisation, meditation, deep breathing and progressive muscle relaxation, so they can better manage their stress levels

For assistance in implementing these or other corporate wellness initiatives, contact the experts, Complete Performance Solutions. Call us today to start seeing a difference in your company straight away.

Disclaimer

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