



## **Workplace**

### **Healthy Lifestyle Programs**

#### **Benefits to employer:**

- Increased productivity
- Less employee sick days
- Increased staff morale

#### **Benefits to employee:**

- Enjoy healthy food
- Cope with stress
- Manage weight
- Be more active
- Feel valued in the workplace

#### **Options for your workplace**

- One off information sessions on nutrition or physical activity
- An 8-10 week healthy lifestyle program
- 10 000 Steps Workplace Challenge

Phone your Program Coordinator (Healthy Lifestyle)  
on 4786 5941 for more information