



## TAKE THE STAIRS!

### *Animal Health Australia – 34 staff*

*Animal Health Australia (AHA) is the trusted national coordinator, brokering arrangements for government and industry partnerships and collaborations to strengthen animal health and biosecurity in Australia.*

“One of AHA’s key values is ‘commitment to our people’,” says Kathleen Plowman, Chief Executive Officer. “We want our people to flourish due to personal fulfilment through job satisfaction, professional growth, continual learning and a sense of achievement; the cornerstone to achieving this is our staff’s health and wellbeing.”

A focus on getting people up from their desks has been at the heart of AHA’s health and wellbeing plan this year, and it is making a noticeable difference.

“Participating in Healthier Work has encouraged and assisted some of our staff to make healthier changes to our workplace and their lifestyles,” says Kathleen. “Since starting in 2014, the program has become a way of life at our workplace.”

Activities in their plan include their stairwell challenge, bringing your dog to work day, and encouraging staff to spend more time outside – they have even bought new outdoor furniture.

“Our stair challenge has been very successful and brought out some competitive spirit amongst staff,” says Kathleen. “This was an inaugural event and staff are keen to do it annually.”

As part of the challenge, staff counted the number of stairs walked each day and team captains were equipped with pedometers. Movie vouchers were given to the winning team.

It has also been encouraging to see staff create activities beyond the formal plan.

“Staff have started their own group walks at lunch or runs up Mt Ainslie, which often sees a number of staff of varying fitness levels join in,” explains Kathleen.

Each year, the AHA reviews staff preferences and looks at refinements to make the plan more engaging.

“Our aim for this year is to have each stream within our workplace take carriage of a health priority,” says Kathleen. “Having more staff help implement the activities will ensure a commitment to the plan and allow for more involvement and ownership from all staff, resulting in a culture change.”

