



## CREATIVE ACTIVITIES TO KEEP EVERYONE INVOLVED

### *AccessHQ – 128 staff*

*AccessHQ is a quality assurance and testing company, formed in 1995. They provide consultancy testing services with an emphasis on human quality.*

Many of AccessHQ's staff are dispersed throughout Canberra, working off-site with clients, so the team has to use some creative tactics to implement a health and wellbeing plan.

"We decided to make the activities both practical, including things staff can do at their desk, and informative, such as recipes they can try at home," explains Anthony Sullivan from Access HQ. "This approach helps to bring awareness to healthier choices and healthier living."

The team have planned weekly one-minute physical activity challenges – simple ideas including wall sits, planks and high knees. They also plan to do a walking challenge, massage therapy day and charity events in the coming 12 months.

"We had a healthy burger challenge and an indoor cricket match," says Anthony. "Both initiatives were successful as we engaged people at all levels and everyone got involved."

The challenge to keep off-site staff involved will take ongoing innovation, but AccessHQ has already seen an increase in morale.

"Staff are aware that they can still be active and healthy while working in an office environment," says Anthony. "This is a great initiative to engage all your staff and bring awareness to healthier living you can utilise both at work and at home."

