



## PLANT THE HEALTHY SEED

### *Animal Health Australia – 27 staff*

*Animal Health Australia works in partnership with members and other stakeholders to keep Australia free of new and emerging diseases and to improve animal health. They enhance market access and foster resilience and integrity of the Australian animal health system.*

While there are tangible benefits to introducing a health and wellbeing plan, Animal Health Australia also believes just 'planting the seed' helps to institute a healthier culture.

According to Project Coordinator Kristy Piper, it provides a level of consciousness of healthy practices.

"The role that an employer can play by contributing a healthy plan for staff demonstrates care and concern for the wellbeing of staff, both at work and outside the workplace," says Kristy.

The not-for-profit's most successful activities for the team so far have been their StairWELL Challenge to get staff physically active, and the introduction of a water dispenser, complete with lemon, lime, orange slices or berries, in summer.

"The StairWELL Challenge got the entire office staff involved, with an opening ceremony, team captains, and prizes for different categories," says Kristy. "A number of staff that previously always used the lift now use the stairs – or they are at least mindful that the stairs are the best option."

Other initiatives include mindfulness sessions and desk stretching, practical time-management training, fitting out the showers with shampoo, conditioner, body wash and hairdryer, as well as a 'Virgin Bar' concept to introduce alternative options around non-alcoholic homemade drinks.

From a coordination point of view, Kristy recommends a highly motivated Healthier Work Champion, regular intranet messages, agenda items for staff meetings, and gaining other ideas from like-minded Healthier Work businesses at networking events.

"For us, staff morale and engagement have both been high on the benefits scale," says Kristy. "We seem to be engaging most staff at different levels or 'planting a conscious' seed, which I believe is a good start."

