



ACT
Government

healthier
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HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

GOLD

FRUIT DELIVERY KEEPS SNACKS HEALTHY

PhysioSport O'Connor – 12 staff

PhysioSport O'Connor provide a range of physiotherapy and complementary services by qualified staff.

In keeping with their business philosophy – to provide services for thinking bodies and moving minds – the staff at PhysioSport O'Connor want to reflect this philosophy in their own lives.

"We want to keep our team happy and healthy," says Caroline Shepley, Practice Manager.

Through regular staff meeting discussions, the team has devised their third health and wellbeing plan that includes a mix of healthy eating activities, social and emotional wellbeing initiatives, and opportunities for physical activity.

"Our most successful initiative has been the weekly fruit delivery," says Caroline. "It means we always have healthy snack options available for everyone."

Some of the team also participated in the Mother's Day Classic, FebFast and they regularly do staff pilates classes.

"We also circulate information and display posters about workplace stress and good mental health practices," says Caroline.

