



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

## EVERYONE NEEDS A BREAK

### *SPOC Landscapes – four staff*

#### *SPOC Landscapes provide landscaping needs from the ground up!*

Once the SPOC Landscapes team get into a job, they can forget to take regular breaks.

“In the construction industry it can be hard to embed healthier activities into your day-to-day,” says Managing Director Sarah O’Callaghan.

Even though the team is physically active, ensuring they’re drinking enough water and eating healthy meals can require reminders.

That’s why SPOC Landscapes signed up to Healthier Work – to encourage a healthy environment for their team.

“We’ve provided water bottles for staff and encourage healthy eating in the field,” says Sarah. “We also promote and encourage work/life balance.”

They’re also trialling workplace challenges such as cutting out chocolate for a week or trying a new vegetable each day for a week.

“Making small changes and sticking to it is the way to build momentum,” says Sarah.

