



ACT
Government

healthier
work

HELPING PEOPLE AND BUSINESS THRIVE

CASE STUDIES 2017-18

SILVER

ALIGNING HEALTHY GOALS

Heart Foundation ACT – 12 staff

The Heart Foundation ACT is a health charity focused on preventing heart disease and improving the heart health of all Australians through their work in prevention, support and research.

Given the Heart Foundation ACT's alignment with Healthier Work's goals for healthy living, they decided it was important to formalise their own approach to workplace health and wellbeing.

"Healthier Work has many messages that are in line with the Heart Foundation, particularly around active living, nutrition and reducing smoking," says Robyn Smith. "Joining the program was an easy choice as we are keen to practice what we preach."

As part of their 12-month health and wellbeing plan, the small team identified some simple activities to get them moving each day. They also ensure healthy options are on the table when catering or sharing a lunch together.

"We find walking meetings an easy way to get more activity in our day and still meet work goals," says Robyn. "We have even incorporated a 10-minute walk into the end of our monthly meetings, which is good to get the blood pumping after what can sometimes be a long meeting."

They find being flexible with when to run activities is the best way to overcome busy schedules and interstate travel.

Ensuring managers participate in activities also encourages other staff to join in too.

Overall, their commitment to the plan has been a team effort and they have all reaped the benefits.

"We've seen an increase in staff morale and team comradery has improved," says Robyn.

