



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2017-18

RECOGNITION

## FITNESS GOALS FOR HEALTH

### *Netier – 18 staff*

*Netier is a leading Canberra IT strategy, consulting and solutions provider striving to provide clients with excellent customer service, all-hours support and exceptional technical advice.*

With many team members already personally engaged in health and fitness, the idea of formalising a workplace health and wellbeing plan to keep them motivated seemed like the perfect fit for Netier.

“When I asked the team if they wanted to be involved in Healthier Work, they were really keen on creating new challenges and having a focus on a healthier workplace,” says Jessica Baker, Netier’s Marketing Manager.

From there, Jessica sought advice and resources from Healthier Work, and got to know other like-minded businesses through networking and mentoring events.

“The team at Healthier Work were so welcoming and helpful from the very start of this process,” says Jessica.

Then after staff discussions, Netier devised their first health and wellbeing plan. It included discounted gym memberships, walking meetings, healthy recipes, monthly fitness goals on Strava, and fun team events.

“Since we moved offices into an area that is less open to the outside we have found walking meetings really successful as it gives staff the opportunity to get out of the office and outside,” says Jessica. “We have also done some really fun team events each month such as Bubble Soccer, Archery Warz, Frisbee Golf and the Canberra Times Fun Run.”

The whole process has been a hit with staff, who have loved coming up with new ideas and challenges.

“I think all businesses should be a part of this and should work towards creating a healthier workplace,” says Jessica. “It is so fantastic for team morale, and the health and wellbeing of staff members.”

