

Cook-off for healthy competition

Heart Foundation ACT – 12 staff

The Heart Foundation is a health promoting charity that funds lifesaving heart research and is focused on improving heart disease prevention and care for all Australians.

The Heart Foundation ACT promotes a healthy lifestyle to all members of the community. Yet a health and wellbeing plan still makes it easier for the team to come together and stay motivated for their own physical and mental health.

“Our culture is already very health focused but taking part in Healthier Work activities has cemented this,” says Robyn Smith, Heart Health Coordinator. “Healthier Work has many messages that are in line with the Heart Foundation, particularly around active living, nutrition and reducing smoking.”

The team genuinely enjoy spending time together, so the plan is full of interesting and fun things to do, which keeps everyone engaged.

“Everyone is very enthusiastic about the plan but time and availability is probably our biggest hurdle,” explains Robyn. “We enjoy working as a team and doing things together which is convenient given the team is so small. We try to keep things flexible to accommodate everyone.”

It seems delicious food holds a certain charm for the Heart Foundation staff, with any activities involving cooking and eating attracting the most interest.

Activities related to food are always successful. They have held several ‘cook-offs’ where colleagues try to out-health each other in their dishes. They’ve also held a ‘soup-off’ and a ‘salad-off’.

Their 12-month plan also includes weekly walks, and an ongoing approach to taking walking meetings, which has shown to generate innovative and valuable ideas.

“Having the support of Healthier Work ACT makes doing workplace wellness activities easy,” says Robyn. “Taking advantage of all the things Healthier Work offers and engaging with other workplaces is of great benefit to us.”

