



HEALTH & FITNESS CHALLENGES



There is no doubt that healthy people create a healthy business. So if creating a healthier workplace is something your business seeks; you'll also need to find a way to engage your workers in this vision. Our Health & Fitness Challenges are a fun and engaging way to create momentum toward your business objective.

WFR's **Health & Fitness Challenges** are an energising way to educate your people and encourage them to adopt healthier lifestyles. Not to mention a great way to increase team morale!

Each of our team and individual health challenges assist organisations target a specific employee health objective. They're interactive and inclusive - and a little bit of healthy competition helps to encourage maximum participation from the workgroup.

WFR support clients to design, promote and deliver the challenge – making it easy, whilst giving you the expertise required to ensure the investment leads to lasting change.

Choose to run one of our four challenges specifically for your workplace, or compete against workplaces around Australia in one of our public challenges, run regularly throughout the year.



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“

It was a great initiative to kick start some healthier lifestyles amongst staff. The feedback has been very positive, staff had had the opportunity to experience different fitness/wellness activities and incorporate these into their lifestyles

”

- Caroline Gordon, Business Assistant
Newmont Goldcorp Australia



WFR's nutrition and dietary challenge, acts as a great kick-start to a healthier lifestyle by educating participants on the benefits of consuming certain foods and abstaining from others.

Through its soft detoxification approach, participants report increased focus, greater productivity and sustained energy levels throughout the day. Typically taking place over a 6-week period, **RIVA** is an individual challenge with three phases:

- Eliminate: A mild detox designed to give your liver a rest, cleanse the digestive system, and improve your health
- Rejuvenate: A focus on food variety and super foods to improve your energy, achieve digestive balance, and feel revived
- Balance: Create healthy eating, shopping and cooking habits in order to sustain a long term healthy lifestyle.

Participants are supported by individual coaching and information tailored for each phase of the program.



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Over 50% of Australians do not do sufficient exercise to stay healthy. Regular exercise, plus an increase in “incidental” activity can greatly improve your health.

10,000 steps are all that is required to maintain health and reduce a person’s risk of diabetes, obesity and heart disease.

The **Step To Your Health** challenge is to achieve 10,000 steps per day, whilst competing against other teams in your workplace across the 6-week challenge.

Teams of four are created and registered into the event so that steps can be entered into WFR’s online portal. Event packs (including a wrist activity tracker) are provided to each participant, along with weekly fitness and exercise tips and result updates, to help fuel the competition.



WFR’s **The Healthiest Winner** is an inclusive individual challenge that assists people to shed the extra kilos in a healthy, safe and sustainable way.

Participants are educated on eating healthily, exercising intelligently, and making lifestyle decisions that will not only help them lose body fat, but reduce the risk of diabetes, heart disease, obesity and osteoporosis.

The program commences with an initial health assessment and weigh-in and health diaries are included in challenge starter packs to help record progress.

Regular consultations and weigh-ins continue throughout the 12-week challenge to keep participants on track – along with regular e-mails with recipes, health information and fitness tips.

The event concludes with a final health screen and weigh-in before The Healthiest Winner is declared!



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WFR's health challenge that promotes cardiovascular fitness, health and wellness for the workgroup.

Our **Race Around** challenge sees teams of four racing across different locations around the globe - including Australia, Europe, Africa, North and South America, Russia, and the UK.

Teams increase their physical activity over a 6-week period by undertaking a variety of exercise types. Each minute of exercise is converted into a number of kilometres, which challengers log via WFR's online portal to push their team around the course. The team to cover the most kilometres around the course wins!

A Race Around map provided to each client tracks each teams' progress, assisting the friendly rivalry. Progress updates are also provided for each site participating and challengers are supported with weekly fitness and exercise tips and race merchandise.



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WHAT CAN YOU EXPECT?



DESIGN & PROMOTION

WFR's Project Team works with you to design the 6-12-week program for your workplace – including a campaign calendar and internal communication and program promotion process.

+ OPTIONAL: Take a benchmark of your people's health before a challenge kicks off to help assess the impact of the campaign. **Health 100** provides a useful snapshot of the workgroup, but also valuable health information for each participant. A reassessment is recommended after 6 months (see page 7 for more details).



LAUNCH

A challenge typically commences with an educational group presentation delivered by WFR's Exercise Physiologist. Tailored educational content is provided and specific challenge details and logistics are discussed. The challenges designed for individuals (RIVA and The Healthiest Winner) are also supported with individual coaching sessions to support healthy goal setting. Starter packs are provided to all challenge participants.



SUPPORT

Throughout the campaign, WFR's Exercise Physiologists will deliver each element in the campaign calendar (e.g. individual / group information sessions and fitness sessions). Regular challenge updates, information and tips are provided to keep your people motivated and engaged.



CELEBRATE

At the conclusion of the challenge, employers are encouraged to pre-arrange a team gathering to celebrate the success within the workgroup. Individual or team prizes help to acknowledge the achievement of short-term goals. WFR can source prize packages if required. Strategies to meet challengers' long-term goals are also discussed.



SUSTAIN

The information and support provided over the campaign period typically results in healthier lifestyle habits well beyond the campaign period.

+OPTIONAL: Health and Fitness Challenges are a great way to kick off or create momentum for your broader **Healthy Lifestyle Program** (see page 7 for more details).





WHAT ARE THE BENEFITS?

- Individuals walk away with a greater understanding of good health and an action plan to follow
- Challenges increase morale and encourages friendly competition in the workplace
- Education and coaching throughout the campaigns helps the programs to be self-sustaining
- Increasing the overall health and wellbeing of your workforce has a profound impact on your business' bottom line. Healthy people = healthy business!

**WANT TO CREATE A
HEALTHIER WORKPLACE?**

Get in touch for more information:
ENQUIRIES@WORKSITE.COM.AU



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TRY ADDING ONE OF THESE...

Our **Health & Fitness Challenges** are just part of our **Boosting Employee Health** offering. They're often complemented with:



HEALTH 100

Health 100 increases employee awareness of their own health, fitness and lifestyle status by providing advice, information and tools on how to improve or maintain their health. The program assesses individuals across nine health categories and provides the individual with a detailed, confidential report – including a health risk rating score (out of 100).

This is also a powerful tool for organisations, who are provided with collated group data in the form of a **Group Health Report**.



HEALTH EDUCATION

WFR are able to deliver a broad range of health, lifestyle and wellness information to employee groups via **Health Presentations**. Each health topic package includes a presentation, information brochures and promotional posters. Presentation topics focus on chronic disease awareness, nutrition, fitness, lifestyle and OHS.

Or any of our solutions for that matter...

Our experience over the last two decades has shown us that the most effective health and wellness strategies are designed to deliver four outcomes:



All of WFR's solutions are designed so they can be run independently as a short-term campaign or can work together to form a comprehensive health and wellness approach that we like to call this our **Healthy Lifestyle Program™**.

Whether your workforce is 20 or 20,000, we can design an approach to meet your strategic needs.

Get in touch for more information:
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