

**GOAL:** To build and maintain a workplace environment and culture that supports healthy lifestyle choices.

**EVALUATION:** Annual staff health survey

STRATEGY	ACTIVITY	TIMEFRAME	PERSON/S RESPONSIBLE	RESOURCES REQUIRED	EVALUATION
<b>OBJECTIVE:</b> Support improved healthy eating habits at and through work within 12 months and increase the number of workers eating 5 serves of vegetables and 2 serves of fruit.					
▶ Create a healthy catering policy (healthy places)	▶ Establish a working group to develop and coordinate the policy ▶ Seek worker input ▶ Seek management sign off	▶ March to June 2017	▶ Health and wellbeing committee ▶ Program coordinator	▶ Health and wellbeing committee time ▶ Program coordinator time	▶ Policy developed and implemented as planned ▶ Worker awareness and use of the policy
▶ Better inform workers about the benefits of healthy eating (healthy people)	▶ Provide healthy cooking demonstrations	▶ May 2017	▶ Health and wellbeing committee ▶ Program coordinator	▶ LGIS health and wellbeing funding ▶ Workers time	▶ Number of participants ▶ Positive feedback
<b>OBJECTIVE:</b> Increase the number of workers who do at least 30 minutes of moderate-intensity physical activity five or more times a week by 15% within 12 months.					
▶ Promote sit less and move more (healthy places)	▶ Implement strategies which reduce sedentary work practices e.g. ▶ Walking meetings for small groups ▶ Stand and stretch agenda item in meetings of 1 hour or more ▶ Encourage eating lunch away from the desk	▶ March to December 2017	▶ Health and wellbeing committee ▶ Managers/supervisors		▶ Feedback from workers
▶ Promote team and group activities that encourage physical activity (healthy people)	▶ Implement an 8 week waking challenge	▶ 3 months	▶ Health and wellbeing committee ▶ Program coordinator	▶ LGIS health and wellbeing funding ▶ Workers time	▶ Pre and post testing and/or questionnaire

Endorsed by: .....

Date: .....