

Did you know workers lose 2.4% of their productivity for each preventable health risk factor measured and have greater rates of absenteeism. The types of risk factors that we are talking about include:



Low fruit and vegetable intake



Inactivity



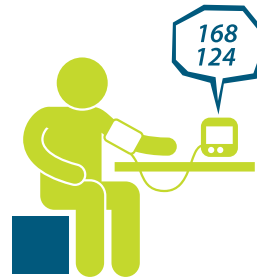
Obesity



Smoking



Risky alcohol consumption



High blood pressure



High cholesterol

With 96% of working age people reporting one or more risk factors, it is imperative organisations support their workers to stay healthy, happy and well.

As part of the LGIS health and wellbeing program our panel of service providers offer a range of healthy lifestyle challenges that are designed to get workers moving more, eating better and feeling great. The programs recommended by LGIS are evidenced based and developed around the principles of behavioural change, educating and supporting workers to develop new habits, skills and knowledge to maintain their health

long term. Pre and post assessments can be conducted so achievements can be celebrated and the organisation can measure the effectiveness of the program.

The following table provides an overview of the challenges available through the LGIS panel of providers. Challenges range from 6 – 12 weeks and can be based completely online with daily tips and weekly meal and fitness plans to programs with comprehensive face to face or telephone support from health professionals. The challenges can be team based so workers can support each other in improving their health or individual, where

workers can get advice and recommendations specific to their needs and personal goals. You can also offer prizes or incentives to assist with motivation and to encourage a bit of friendly competition.

A healthy, active lifestyle plays an important part in the prevention of Australia's leading causes of death, including type 2 diabetes, heart disease and some cancers. For more information on the healthy lifestyle challenges or the LGIS health and wellbeing program, contact the Program Manager on 9483 8888.

Lvl 3 170 Railway Parade,  
West Leederville WA 6007

 (08) 9483 8857  [lgiswa.com.au](http://lgiswa.com.au)

*The information in this document is of a general nature only and does not constitute legal advice. You should discuss the above information and your particular circumstances with your advisors before making any decisions.*

Turn the page for an overview of programs available

## Healthy lifestyle challenge options

Program	60 Days	FIT 24™	Fit to 'Waist Away'	Healthy Lifestyle Challenge	Health and Wellbeing Passport Program
<b>Key features</b>	<ul style="list-style-type: none"> <li>▶ Online only</li> <li>▶ Daily emails based on weekly themes; exercise, goal setting, meal planning, portion size, etc</li> <li>▶ Measures program engagement &amp; participation</li> </ul>	<ul style="list-style-type: none"> <li>▶ Online</li> <li>▶ Team based challenge</li> <li>▶ Encourage and support participants to be healthy 24 days out of 30</li> <li>▶ Focus on               <ul style="list-style-type: none"> <li>- sleep</li> <li>- sugar</li> <li>- steps</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ Face to face</li> <li>▶ 12 weeks</li> <li>▶ Individualised exercise program, training schedule and logbook</li> <li>▶ Pre, midway and post testing</li> <li>▶ Group exercise classes</li> <li>▶ Lunch n Learns</li> </ul>	<ul style="list-style-type: none"> <li>▶ Online</li> <li>▶ 12 weeks</li> <li>▶ Personalised plans based on individual health goals; weight loss, weight maintenance or weight gain</li> <li>▶ Weekly meal &amp; fitness plans</li> <li>▶ Weight tracker</li> <li>▶ Exercise &amp; nutrition diaries</li> <li>▶ Pre &amp; post questionnaire</li> </ul>	<ul style="list-style-type: none"> <li>▶ Face to face</li> <li>▶ 4 or 12 weeks</li> <li>▶ 4 x 60 minute educational workshops; Move, Nourish, Revive, Achieve</li> <li>▶ Passport tool, activity and food tracker</li> <li>▶ Phone or face to face consultations</li> <li>▶ Pedometer, tape measure, water bottle, stress ball</li> </ul>
<b>Optional extras</b>		Pre & post questionnaire Additional support, phone coaching, seminars/ workshops, exercise classes can be added Step devices (pedometer, Fitbit)	Option of online delivery (smart phone enabled)	Pre & post onsite health consultations Individual nutrition or fitness consultations (face to face or telephone)	
<b>Supplier</b>	Skin Patrol	Vitality Works	Absolute Balance	Spotscreen	Sonic HealthPlus