



## Example health and wellbeing action plan

### Goal:

To build and maintain a workplace environment and culture that supports healthy lifestyle habits and choices.

### Evaluation:

Annual staff health survey.

**Objective: Support healthy eating habits, and increase the number of workers eating five (5) serves of vegetables and two (2) serves of fruit.**

Strategy	Activity	Timeframe	Person/s responsible	Resources required	Evaluation
Better inform workers about the benefits of healthy eating	Provide healthy cooking demonstrations	July to August	<ul style="list-style-type: none"> <li>Health and wellbeing committee</li> <li>Program coordinator</li> </ul>	<ul style="list-style-type: none"> <li>LGIS health and wellbeing funding</li> <li>Employee time</li> </ul>	<ul style="list-style-type: none"> <li>Number of participants</li> <li>Feedback survey</li> </ul>

**Objective: Increase the number of workers performing 30 minutes of moderate intensity physical activity five or more times per week (15% increase within 12 months)**

Strategy	Activity	Timeframe	Person/s responsible	Resources required	Evaluation
Promote sit less and move more	<ul style="list-style-type: none"> <li>Implement strategies which reduce sedentary work practises</li> <li>Walking meetings</li> <li>Group stretching</li> </ul>	January to June	<ul style="list-style-type: none"> <li>Health and wellbeing committee</li> <li>Managers / supervisors</li> </ul>	<ul style="list-style-type: none"> <li>Workers time</li> <li>LGIS health and wellbeing funding</li> </ul>	<ul style="list-style-type: none"> <li>Participation rates</li> <li>Feedback survey</li> </ul>

Endorsed by: \_\_\_\_\_

Date: \_\_\_\_\_

**Goal:**

**Evaluation:**

**Objective:**

Strategy	Activity	Timeframe	Person/s responsible	Resources required	Evaluation

**Objective:**

Strategy	Activity	Timeframe	Person/s responsible	Resources required	Evaluation

**Endorsed by:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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