

# TOP 10 QUICK WINS for a healthier workplace



## 1. Provide healthy food and drinks at work functions

Offer healthy foods and drinks at meetings, conferences, lunches and celebrations. Switch biscuits and sausage rolls for a fruit platter, sushi, rice paper rolls, mini quiches, low-sugar muffins, or grainy wraps and sandwiches packed with salad. Any unhealthy foods provided should be in small portion sizes and make up only a small proportion of the total offering. Healthy food can improve alertness and concentration, whilst helping the health of employees.



## 2. Start a lunchtime walking group

Encourage employees to take a break from sitting and get some fresh air in their lungs by organising a regular lunchtime walking group. Promote the use of [sun protection measures](#) when getting active outside by wearing a broad-brimmed hat, sunscreen and sunglasses.



## 3. Promote quitting resources

The [Make Smoking History](#) website provides information and resources for employees who want to quit smoking. It also includes information on quitting and links to resources such as Quitline, which is a confidential telephone advice and information service.



## 4. Register workplace teams to participate in physical events

Build a stronger workplace culture. Sign your team up for local physical activity events, [challenges](#) or start your own in-house sporting competition.



## 5. Make your lunchroom inviting

Provide space for employees to store and prepare food. This will make it easier for them to bring a healthy lunch from home. Items such as sharp knives, peelers and cutting boards can really make a difference.



## 6. Encourage active travel

When people exercise before and during work, they can be more productive throughout their day. Provide employees with [active travel maps](#) which include information about local walking pathways, cycling routes, public transport timetables and workplace end-of-trip facilities.

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## 7. Remove rubbish and recycling bins from individual desks

Sitting at your desk all day is bad for your health. Promote [moving more](#) by relocating bins and printers to a central location to encourage employees to take a break from long periods of sitting.



## 8. Hold standing or walking meetings

Experiencing meeting fatigue? Let staff know they can stand up and stretch whenever they would like during the meeting, hold meetings around a tall table so everyone can stand, or you could even try a walking meeting.



## 9. Raise awareness

You can help raise awareness about healthy behaviours by displaying [informative posters](#) in common areas such as kitchens or meetings rooms or delivering one of our [pre-prepared presentations](#) to employees. You could also encourage staff to sign up to the [LiveLighter® newsletter](#) for healthy tips and recipes delivered to their inbox each month.



## 10. Only use healthy prizes, gifts and fundraising

Only use healthy prizes, gifts and fundraising. Don't use alcohol or chocolates as [fundraising items, prizes or gifts](#). Give a healthy cookbook, some sports equipment, or a voucher for some activewear. These gifts will be more memorable and your employees' health will thank you for it.

## WANT MORE IDEAS?

Our easy-to-use [Best practice guide: Workplace health and wellbeing strategies](#) can assist you in finding the winning combination of strategies to help you achieve a healthier workplace.

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