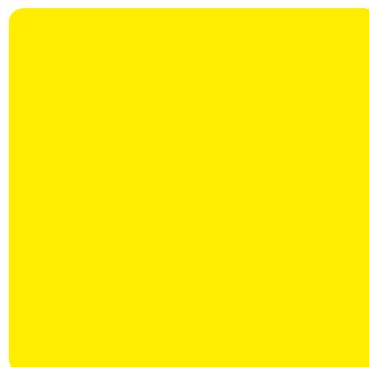


Heart Foundation
Walking



An introduction to Heart Foundation Walking@Work

Thank you for your interest in Heart Foundation Walking@Work,
a ready-made physical activity program for the workplace.



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Walking@Work is part of the Heart Foundation Walking program, which is Australia's largest free walking network. Walking@Work offers a flexible approach to establishing and supporting active workplaces.

Why Walking@Work is right for your workplace

Your workplace is an ideal location to promote healthy choices and help incorporate physical activity into the daily lives of your employees. Promoting physical activity at work can benefit you and your employees. A healthy and active workplace may lead to:

- increased productivity
- reduced absenteeism
- improved employee engagement and higher morale
- enhanced business
- reduced staff turnover
- decreased accidents
- fewer insurance and worker compensation claims.

Providing your employees with physical activity and wellness opportunities is increasingly important for business success. Workplaces that offer these programs tend to attract the high quality employees who seek out healthy organisational culture.

A Medibank Private study of Australian workplaces showed that:

- two-thirds of Australian workers are overweight or obese



Three quarters of time spent at work is sedentary – a risk factor for heart disease, diabetes and obesity.

- only 32% of Australian workers meet recommended physical activity guidelines
- 75% of time spent at work is sedentary for office, call-centre and retail employees, and this is a risk factor for heart disease, diabetes and obesity
- employees with poor health behaviours take up to nine times the amount of sick leave compared with healthy employees (those who scored highest on a health and wellbeing scale)
- healthy employees (those who scored highest on a health and wellbeing scale) are on average almost three times more productive than those who scored lowest
- Health Services Australia found that poor employee health and absenteeism costs Australian businesses approximately \$7 million annually.

Get active with Walking@Work

Being regularly active is one of the most effective ways to improve and protect your health, and walking is one of the easiest and most convenient ways to be physically active. It can be done just about anywhere and by almost anyone. Heart Foundation Walking@Work is a flexible program that is easy for your employees to integrate into their day.

Walking has many benefits and has been shown to:

- reduce the risk of heart disease and stroke
- help prevent and control diabetes
- help achieve and maintain a healthy body weight
- improve bone health and helps prevent osteoporosis
- contribute to improved mental health and self-esteem
- help you feel stronger, more energetic and happier.

Heart Foundation Walking@Work makes it easy to implement a workplace physical activity program. It provides:

- a tried and tested program structure
- ongoing support to Workplace Local Coordinators and Workplace Walk Organisers
- training and promotional resources
- a walker incentive program
- program evaluation and reporting.

Heart Foundation Walking@Work provides a flexible program approach that allows more employees to get involved. Employees walk individually or with others as part of a structured walking group. They can choose to walk to and from work or meetings, during their lunch break or you could encourage walking meetings. There are many ways to get walking!

The workplace benefits of Walking@Work

Heart Foundation Walking@Work provides:

- a simple and effective way to fulfil healthy workplace goals
- an easy, flexible, effective and cost-efficient way to implement walking groups in your workplace
- a quality, proven and sustainable framework for starting and operating walking groups
- a step-by-step guide to coordinating the program
- an opportunity to work collaboratively with the Heart Foundation
- recognition of your organisation in the community
- insurance cover for Workplace Walk Organisers
- an opportunity to link in with a range of healthy workplace programs.

Host Organisations and Workplace Local Coordinators

By joining the Heart Foundation Walking@Work team, you can help deliver this flexible and fully supported program in your workplace. You can register your organisation as Workplace Host Organisation and nominate a Workplace Local Coordinator to set up walking groups. The Local Coordinator can also engage individual walkers by establishing an online community of virtual walkers.

Your role

What is a Host Organisation?

Each workplace registers as a Host Organisation to facilitate Walking@Work and nominates a Workplace Local Coordinator as the contact person.

What does a Workplace Local Coordinator do?

As a Workplace Local Coordinator, you work with the Heart Foundation to:

- gain management support and establish a network to share tasks, provide support and ensure sustainability of the program
- promote Heart Foundation Walking@Work to your workplace

- recruit and train Workplace Walk Organisers to lead walking groups
- recruit Walkers
- support existing walking groups
- serve as a local contact point.

How does the Heart Foundation support Host Organisations and Workplace Local Coordinators?

The Heart Foundation will support you with:

- program implementation resources, including training for you and your Workplace Walk Organisers and online promotional materials
- assistance from Heart Foundation staff
- a customised online dashboard
- regular e-newsletters
- program evaluation information
- the ability to generate regular reports on your walking groups
- access to the Walker Recognition Scheme to motivate and encourage your Walkers.



'I look forward to our workplace walking group each Wednesday at lunch. It is a great way to catch up with people in the office you might not otherwise speak to, while getting your daily physical activity!'

Walking@Work is easy to fit into your day!

Employees can fit in walking at any time of the day, whether it is by themselves or with others. It's easy to get walking! Walkers can:

- walk within your structured walking group
- walk to and from work, to and from a half-way point, or as part of public and active transport
- walk to and from meetings
- take lunchtime walks
- hold walking meetings
- be involved in walking events.

Join Walking@Work in five easy steps

Step 1: Go to <http://walking.heartfoundation.org.au/> to register as a Host Organisation and Local Coordinator.

Step 2: Complete payment of the minimal, once-off Host Organisation fee which is invoiced upon registration. This fee supports the Heart Foundation's work as a charity and helps us to recover costs of program resources.

Step 3: Allocate a staff member willing to organise and lead the walks as Workplace Walk Organiser. Your nominated staff member will need to complete a short online training session covering their duties as a Walk Organiser.

Step 4: Register the Workplace Walk Organiser at Heart Foundation Walking, <http://walking.heartfoundation.org.au/>

Step 5: Start walking!



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