

Step 4. Action Plan

Healthy People strategies

Your workplace wellness program includes strategies for Healthy People. These focus on encouraging and supporting employees to adopt healthy lifestyles.

Look for strategies that make healthy choices the easy choices and strategies to help employees maintain healthy changes. Healthy People strategies focus on the following healthy lifestyle behaviours:

- › physical activity
- › healthy eating
- › quitting smoking
- › reducing alcohol consumption
- › social and emotional wellness.

Examples

Your workplace wellness objectives may relate to quitting smoking and encouraging physical activity among employees. Strategies are ways to achieve your objectives. Activities are the day-to-day actions that sit under each strategy.

a) Wellness objective to quit smoking

Healthy People strategies	Healthy People activities
Inform employees about the harm caused by smoking and the benefits of quitting.	<ul style="list-style-type: none">› Organise lunchtime information sessions.› Organise an information session facilitator, venues, dates and times.› Develop resources to promote the lunchtime information sessions.› Display quit smoking posters in key employee areas.
Promote and support employees to quit smoking.	<ul style="list-style-type: none">› Organise a workplace champion to promote quit messages and available support services.› Organise a peer support group facilitator and provide a peer support group for employees trying to stay smoke-free.› Develop resources to promote the peer support group.

b) Wellness objective to increase physical activity

Healthy People strategies	Healthy People activities
<p>Inform employees about the benefits of physical activity.</p>	<ul style="list-style-type: none"> › Provide information about the benefits of physical activity through newsletters, website, email, posters, brochures, payslips and education sessions. › Set up an information station with timetables, transport and cycling maps, see Department of Transport and Main Roads <www.tmr.qld.gov.au>. › Hold information sessions on cycling road rules.
<p>Promote group activities that encourage physical activity.</p>	<ul style="list-style-type: none"> › Offer on-site physical activity classes during lunchtime such as yoga, aerobics or tai chi. › Hold a 12-week workplace walking challenge, see 10,000 Steps Challenge <www.10000steps.org.au>. › Establish walking groups, see Heart Foundation <www.heartfoundation.org.au>. › Organise a staff corporate rate with local health and fitness services. › Sponsor fun-run entry fees or corporate games teams and provide sunsafe sport uniforms.