

Online Challenges

Inspire long term behavioural change through impactful education and team participation

The 5-week online Behavioural Change Challenges are designed to support employees to make sustainable health and lifestyle changes and have been developed in line with the key health risk areas prevalent across organisations namely:

- ✓ Mental Health
- ✓ Diet & Weight
- ✓ Exercise & Inactivity
- ✓ Cardiovascular Health

Did you know

Workplace wellness programs can help increase employee engagement. Companies with engaged employees report 37% lower absenteeism levels.

www.allwork.space.com, 2019

Challenge outline:

The first 4 weeks of the challenge aims to educate and encourage employees to take charge of their modifiable risk factors and manage the nonmodifiable risk factors to improve their overall health risk profile in four main areas.

The final week is dedicated to self-reflection which serves the function of solidifying the connection between what was experienced in the 4-weeks prior and the learning that they derived from that experience.

Challenges can be offered to 100% of your employees: regional, remote, on the road, global - no matter how small!

Reporting

Supported by a post program executive report. It includes participation rates, engagement of all educational resources and the results of the pre and post participant surveys that measure the behaviour changes in the employees.

We offer recommendations for further programs to support ongoing behavioural change and employee connection.



Challenges



Healthy Heart

Reducing risk of CVD and longevity.

- Nutrition - Eat for a healthy beat
- Exercise - Keep it pumping
- Stress and Sleep - Ease the pressure
- Know your Numbers - Love your ticker



Lifestyle Challenger

Build healthier habits, improve fitness, communication and connection.

- Declutter and Get Clear
- Healthy Eating and Get Nourished
- Exercise and Get Moving
- Communicate and Get Connected



Resilient & Revitalised

Building resilience and getting a good nights sleep.

- Turn Tense into Strength
- Disconnect to Connect
- Ignite Your Energy
- Rest and Revitalise



Becoming Mind Fit

Healthy habits for productivity at work and in life.

- Values and Goal Setting
- Gratitude
- Reframing and Perspective Taking
- Meditation and Mindfulness

10,000 Steps Challenge

An engaging team-building challenge for all fitness levels

The goal of this Challenge is for each participant to complete 10,000 steps a day.

Working in teams of four, each participant is motivated to walk and accomplish this goal. This program is both a team building and exercise program, with an educational component instilling the importance of getting a minimum of 20 minutes of activity a day.



Choose from four different virtual routes and themes:



Italian Coastline



Carnivale Tour



The Spice Trail



Aussie Adventure

What you can expect:

- ✓ Team Building
- ✓ Create healthy employee competition
- ✓ Support employees creating healthy habits
- ✓ Connection and fun
- ✓ Facts and education of worldwide destinations
- ✓ Recipes and Videos
- ✓ Health and fitness education
- ✓ Weekly results and leader board progress
- ✓ Live interactive map
- ✓ SMS motivational texts
- ✓ Weekly Health Tip flyers and videos
- ✓ Fitness Tracker – *optional \$60 pp plus delivery*

Prizes

In the 10,000 steps challenge, everyone is a winner. At the end of the challenge, all participants have the opportunity to be in the running to win:

- ✓ **Top 3 Teams**
- ✓ **Spirit Award -** Each team member can nominate 1 other member who they deemed the most valuable to go into the draw to win
- ✓ **Step Up Award -** Any team who reaches the target will go into the draw
- ✓ **Bonus Prize -** Complete both Pre and Post Challenge Surveys

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