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health lure to workers

ALICE CLARIDGE

STAFF from Calvary Healthcare should soon be bounding around their workplaces.

A new Wellness at Work program was launched with an open day yesterday.

It is part of the positive steps being introduced by Calvary Healthcare in a bid to retain and attract skilled staff as the state faces labour shortages.

The open day involved fitball lessons, head and foot massages for staff, as well as advice and displays from Quit, Weight Watchers, Friends Gym and the Heart Foundation.

Seven out of 10 Tasmanians do not undertake sufficient physical activity, or at least 30 minutes of moderate physical exercise, on most days of the week.

Calvary Health Care Tasmania chief executive officer Damian Hiser said the formation of a Wellness Program Committee aims to foster a culture of health promotion among employees.

"The impact of poor health and wellbeing in the workplace is being felt across Tasmania, through reduced productivity, high stress levels, increased sickness and high staff turnover," Mr Hiser said.

"By promoting good health practices in the workplace, Calvary contributes to a positive health culture and a workplace surrounded by healthy, happy and balanced employees."



FIT FOR WORK: Staff at Calvary Hospital working out on fitness balls at the launch of Wellness at Work are, from left, Chris Gumley, Jane Foden, Ange Locke and Deb Stone.
Picture: KIM EISZELE