• Safety Health Wellbeing - your **wellbeing at work**
  Use the resources to setup your desk and improve your comfort at work

• Join the Healthy Sydney University move more group. Lots of great information on the latest research. Got a project – apply for seed funding to do the research

• **Global Corporate Challenge** – Form a team in 2016

• **Sydney Sport and Fitness SUSF**. Consider group classes or a short course. Discuss specially designed Wellbeing programs for University work areas with Andrew Heil, Member Services Manager Ph 9351 4981

• Pilates Physio style in Wentworth

• Yoga and Tai Ji classes available at Camperdown Campus in 2016. Join the Universities Yammer Wellbeing group to get details of upcoming programs.

• Register for the Safety Health and Wellbeing Newsletter for regular updates on health and wellbeing activities.

• RuOk Day 8th September. Start the Conversation, have a morning tea

• Attend Healthy Minds – workshops register via CareerPath. Browse Work Health Safety for training

• Access, **Employee Support Services (EAP)**. Free counselling for University staff and their families

• Join a mindfulness lunchtime drop-in session. Mindfulness resources and details of programs on the intranet. **Mindfulness**
  Plan a mindfulness information session or arrange a mindfulness program for your team. For more information contact Fiona Wolfenden, Wellbeing Coordinator, fiona.wolfenden@sydney.edu.au or Ph. 0434 070793

• Join the Universities Parents Network

• Did you know there is a cancer support group. If you are interested in joining contact Jessica Carroll, jessica.carroll@sydney.edu.au or Ph 9950 9801

• Access Employee Support Services (EAP) for University staff and their families. Wellbeing resources available on their website.
  Log in to AccessEAP   Register with AccessEAP

• Student Support Services (CAPS) Wellbeing resources on their website

• Woolcock Institute - participate in a sleep study

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www.happybodyatwork.com
UNIVERSITY OF SYDNEY STANDS UP FOR BETTER HEALTH

STAND UP FOR BETTER HEALTH

AVOID PROLONGED SITTING IN UNIVERSITY MEETINGS

STAND UP FOR CHANGE 4 EASY WAYS

1. PLANNING STANDING
   Ensure regular standing/moving breaks once an hour for 2-3 minutes

2. RISING AND DEVISING
   Allocate one or more agenda items to be discussed whilst standing

3. STANDING NAGGING
   Identify an individual at the start of the meeting who ensures all staff take regular standing breaks

4. WALKING AND TALKING
   Conduct short meetings whilst standing or walking

DON’T SIT YOUR DAY AWAY

Undertaking at least 30-60 minutes of physical activity each day is essential for good health.

MOVE MORE, SIT LESS

PROLONGED SITTING IS ASSOCIATED WITH A RANGE OF SIGNIFICANT HEALTH RISKS.

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ADULTS, ON AVERAGE, SPEND HALF OF THEIR WAKING HOURS SITTING DOWN.

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DON’T SIT YOUR DAY AWAY

UNDERTAKING AT LEAST 30-60 MINUTES OF PHYSICAL ACTIVITY EACH DAY IS ESSENTIAL FOR GOOD HEALTH.

HAPPY BODY AT WORK

CHOOSE ONE PARTNERS

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