

Walk the Block

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Facts



73% of Victorian workers report inadequate physical activity (ie. less than 30 minutes of moderate exercise per day)¹



Poor employee health and absenteeism is costing Australian businesses \$7 billion annually²



40% of Victorian workers have a high or very high risk of developing Type 2 Diabetes or cardiovascular disease¹



Estimated return on investment for workplace wellness programs is as much as 3 to 1³

Walk the Block is about getting Victorian workers away from their desks and onto their feet. It's all about taking a little time out of your day to create happier, healthier workplaces.

Just 15 minutes a day can make a huge difference.

Physical benefits of regular exercise

- Improved cardiovascular fitness
- Reduced risk of premature death
- Reduced cholesterol level and blood pressure
- Maintenance of healthy weight and improved muscle tone

Workplace benefits

Internationally studies show employers who actively encourage physical activity report the following:

- Reduced absenteeism - increased physical activity can reduce sick leave by up to 32%
- Increased productivity - in some cases by up to 52%⁴
- Decreased accidents, fewer insurance and compensation claims
- Reduced staff turnover and higher staff morale
- Improved ability to cope with workplace changes
- Lower costs related to training, retirement and orientation

¹ WorkSafe Victoria WorkHealth checks, May 2010

² The Health of Australia's Workforce, Medibank 2005

³ The World Economic Forum Working Towards Wellness, PWC 2007

⁴ Health & Development through physical activity and sport WHO 2003

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