

Staff Wellbeing UniSA



Activewear Wednesdays @ work



Take the challenge – wear your sneakers and move more throughout your day!

UNISA's PRIORITIES

- Staff wellbeing is a priority at the University. In particular, there is a focus on physical activity to provide for more movement in the day so that staff are better able to perform their duties with reduced risk of injury.
- Both staff and the University benefit when staff wellbeing is high. Staff who have high wellbeing have better relationships, are more engaged at work and with their work community. A workforce with high wellbeing is more productive, has higher staff retention and lower absenteeism, workplace injuries and workers' compensation claims.

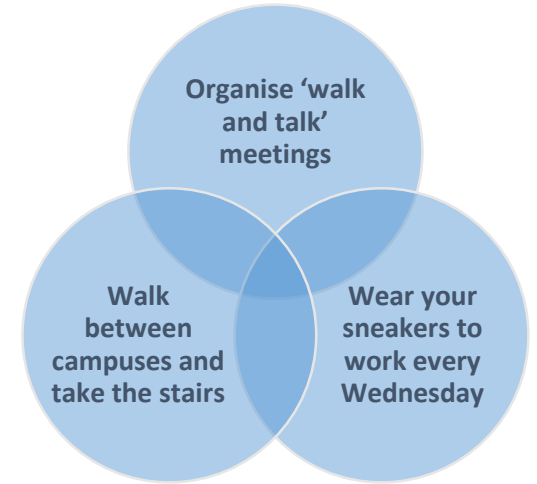
[Make your move – Sit less – Be active for life!](#)

- The Australian Government, Department of Health refer to the [Australia's Physical Activity and Sedentary Behaviour Guidelines](#) - the Evidence Review Reports provide a summary of the scientific evidence that supports Australia's Physical Activity and Sedentary Behaviour Guidelines. The new physical activity guidelines recommend that adults accumulate 150-300 minutes of moderate intensity physical activity per week.
- Regular physical activity has important benefits for physical and mental health. It reduces the risk of many health problems, such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all, and that increasing amounts of physical activity provide even more health benefits.



TO ASSIST YOU IN KEEPING ACTIVE, CONSIDER THE FOLLOWING:

- ▶ Wear your sneakers to work every Wednesday and track how much you move each day!
- ▶ Log your steps on a [phone app](#) or Fitbit/Garmin wristband to measure your steps
- ▶ [UniSA Sport – Group Fitness](#)
- ▶ [UniSA Sport club memberships](#)
- ▶ [City to Bay](#)
- ▶ Corporate Cup Challenge
- ▶ Organise a walking group on campus
- ▶ Visit one of our [gyms](#) on City West, City East, Mawson Lakes and Magill campuses
- ▶ Install [Workpace](#) on your computer to assist you with taking regular breaks
- ▶ If you are new to physical activity, have a health problem, or are concerned about the safety of being (more) active, please contact one of [UniSA's Health Clinics](#) about the most suitable activities for you
- ▶ To purchase UniSA clothing go to the [Winc website](#) and enter your own credit card details.



GUIDELINES

The following is a guide for staff to determine the appropriateness of clothing and footwear in the office/role. Although not compulsory, we encourage staff to be active, wear comfortable footwear, and to wear [UniSA branded clothing](#) as much as possible to promote the University.

A guide for Activewear in the workplace:

- ✓ Comfortable and clean shoes such as sneakers/trainers (no flip-flops)
- ✓ Casual pants, slacks, cargo pants and yoga pants (no tracksuit pants or shorts)
- ✓ Collared polo shirts or crew-neck sweaters and UniSA t-shirts, pullovers and hoodies (no tank tops or crop tops)
- ✓ Wear appropriate clothing for your environment/meetings and always wear the correct clothing and footwear if working in a lab, studio or workshop.

If you have any questions regarding this wellbeing program, please send an email to the Safety and Wellbeing Enquiries email address:
HSIM.SafetyWellbeing@unisa.edu.au



**Keep a pair of sneakers
under your desk and
go for a walk/run at
lunch**





OFFICE CLOTHING GUIDELINES



YES



No



Wear appropriate clothing for your environment/meetings and always wear the correct clothing and footwear if working in a lab, studio or workshop

