

BECOME A CHAMPION OF HEALTH

share your passion for health with your peers at work and be recognised as a leader in wellbeing

healthchamps are individuals with a passion for health and wellbeing and a willingness to promote health and wellness to their fellow peers, colleagues, staff or team at work.

healthchamps inspire and motivate peers to participate in health and wellbeing programs offered in the workplace.

healthchamps™ program

Our **healthchamps** program is designed to equip employees with the necessary skills and resources to become inspirational health ambassadors, increasing the effectiveness of health and wellbeing programs and assuring employee engagement and positive health outcomes.

Our innovative, evidence based program is designed to address the physical, mental, social and nutritional health of employees through our Health Breaks program – encouraging all employees to take a break for their health every day for mental, physical, social and nutritional wellbeing.

healthchamps

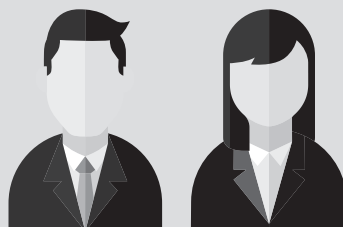


healthchamps™ training program

FULL-DAY WORKSHOP OR 10 HOURS ONLINE PROGRAM

Content

- The importance of creating and sustaining healthy workplaces
- The role of effective health champions
- The pillars of health and nationally recognised guidelines
- Adopting healthy behaviours – diversity and readiness
- Facilitating health promotion campaigns in the workplace



What to expect

- 1 Full day onsite or online health training course
- 2 Recognition as a Certified Health Champ
- 3 Access to workplace health promotion toolkit – for physical, mental, social and food health
- 4 Membership to the Health Champs@work network and ongoing support from our mentors
- 5 Rewards incentive program put towards your charity or your own gifts

HOW TO ENROL

ENROL THROUGH YOUR WORKPLACE OR ONLINE

info@enacthealthgroup.com or enrol online at www.enacthealthgroup.com/health-champs-program

 1300 845 990 www.enacthealthgroup.com



Make your business a leader in Workplace Health & Wellbeing

boosting health through peer support

healthchamps are employees with a passion for health and wellbeing and a willingness to promote health and wellness to their fellow peers, colleagues, staff or team.

healthchamps are the crucial link between their peers and providers who deliver programs and services for health promotion in the workplace.

healthchamps™ program

Our **healthchamps** program is designed to equip employees with the necessary skills and resources to become effective health ambassadors, increasing the effectiveness of health and wellbeing programs and assuring return on investment for business.

Our unique, evidence based program is designed to address the physical, mental, social and nutritional health of employees through our Health Breaks program - providing fun, fast and convenient opportunities for incorporating health into your day.

healthchamps

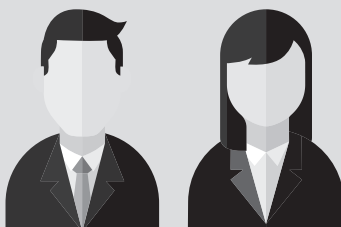


healthchamps™ training program

FULL-DAY WORKSHOP OR 10 HOURS ONLINE PROGRAM

Content

- The importance of creating and sustaining healthy workplaces
- The role of effective health champions
- The pillars of health and nationally recognised guidelines
- Adopting healthy behaviours - diversity and readiness
- Facilitating health promotion campaigns in the workplace



What to expect

- 1 Full day onsite or online health training course for all your chosen healthchamps
- 2 Health Promotion Campaign toolkit for mental wellbeing, physical, social and nutritional employee health
- 3 Support for your healthchamps with membership to the Health Champs@work network
- 4 Health Breaks program (workplace - optional upgrade to Health Breaks app)*
- 5 Rewards incentive program put towards your charity or your own gifts

HOW TO JOIN

Employers can book an onsite workshop to train their team of healthchamps or enrol individual employees in the online course at any time.

Online course enrolments are available anytime - get started straight away, or contact us for the next onsite workshop.

 1300 845 990 www.enacthealthgroup.com

* requires subscription to health breaks

