

Tips to a

HEALTHY WORKPLACE CULTURE THIS WINTER



GET OUTDOORS

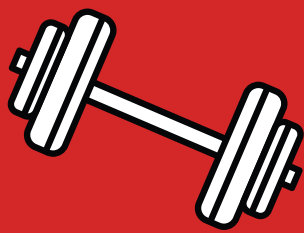
During the colder month's experts recommend two to three hours of midday sun exposure to the face, arms and hands spread across the week.



ACTION IT:

Try creating a walking club and get the added bonus of exercise or if budget allows why not try an outdoor team building exercise. Your team will enjoy the fresh air, the sunshine and the natural surrounds.

PHYSICAL ACTIVITY EACH WEEK



"MODERATE INTENSITY"
150 - 300 MINS

OR

"VIGOROUS INTENSITY"
75 - 150 MINS

ACTION IT:

Why not try establishing fitness Fridays? Start a group fitness session at lunch time on whatever day you end up choosing. Make sure it's at a level that can involve everyone regardless of ability and fitness level.



STAY SOCIAL:



ACTION IT:

Regular occasions for the team to come together:

- Celebrate Birthdays
- Team Building
- Social Club Gatherings
- Office Games
- PD Days
- Friday Night Drinks

SOCIALISING



**DOPAMINE
REACTION**

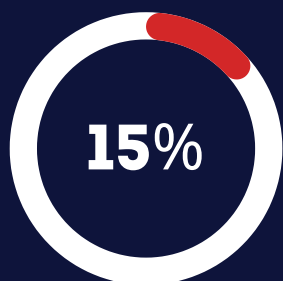


FUN!!!

WORKPLACE ENVIRONMENT

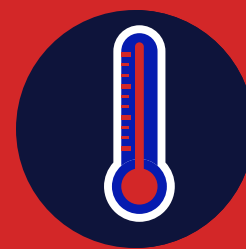
A light and bright colour scheme combined with good ventilation and the perfect temperature will have your team feeling the summer vibes all through the year!

ACTION IT:



ADD PLANTS
TO THE OFFICE

INCREASED
PRODUCTIVITY



According to MBIE the office should be between 18-22°C during Winter in an office environment.