

How does your workplace measure up?

Take a moment to consider how supportive your workplace is towards physical activity & healthy eating.

Tick the boxes that apply to your workplace, count up the number of ticks & then use the ruler below to see how your workplace scores.

Practice

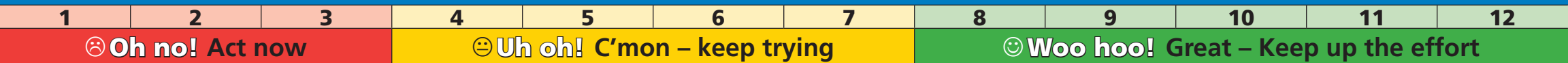
- Staff are encouraged by policy &/or management to take opportunities to be physically active at work (including to & from)
- Staff are encouraged by management to take their meal breaks
- Cafeteria, vending machines & catering services offer "healthy choices" in accordance with a healthy food & drink policy
- Staff are informed of workplace physical activity & healthy eating opportunities / initiatives via internal communications e.g. meetings, notice board, email, intranet etc.

Place

- Secure bicycle storage areas are provided, well maintained & signposted or promoted
- Shower / change room & locker facilities are provided, well maintained & signposted or promoted
- Onsite walkways, stairs & ramps are accessible, well maintained & signposted or promoted
- Staff kitchen / dining facilities for storing, preparing & eating food are provided, well maintained & signposted or promoted

Position

- Workplace is reasonably accessible by active transport (i.e. via cycleway, bicycle lane, shared path, footpath)
- Workplace is reasonably accessible by public transport (i.e. within a 5 min. walk or approx. 400m from nearest stop)
- Most private vehicle parking is located at a distance of at least 200m from the workplace (to encourage 'park and walk')
- Offsite park(s) / open space or fitness facilities are accessible within a reasonable distance / time from the workplace (NOTE: If provided onsite give your workplace a tick)





For more health promoting information & resources, please visit:

'How do you measure up?' - www.measureup.gov.au

'Get Healthy Information & Coaching Service' - www.gethealthynsw.com.au

Go for 2 & 5 - www.gofor2and5.com.au

NSW Premier's Council for Active Living (PCAL) - www.pcal.nsw.gov.au

NSW Sport & Recreation - www.dsr.nsw.gov.au/active

Healthy Spaces & Places - www.healthyplaces.org.au