




Body Mind Fit
POWERING WORKPLACE WELLBEING



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Workplace
Wellbeing
Toolkit

b Workplace Wellbeing Toolkit

Congratulations on starting your journey towards better health! With this comprehensive, science driven program, you're taking important steps towards improving your circulation, energy levels and concentration during your workday (3,23). Your body and mind will thank you!


Being healthy isn't just about moving more. A multi-faceted – holistic – approach is needed. By following the Body Mind Fit Workplace Wellbeing program, you will understand the importance of holistic health and all its interconnected elements. When combined, these elements create the foundation of your overall health. They include:

-  Behavioural change
-  Movement
-  Sleep
-  Stress management
-  Nutrition
-  Recovery
-  Social circle

When you improve one, you'll effect positive change in another.

As you progress through the program, some modules will naturally resonate more with you than others. The survey you completed also gave you valuable insights into the areas of your health that need attention. While all the elements of holistic health are important, you may want to focus your energy on one or two modules to begin with and go from there.

Simply follow the workbook step by step at your own pace. A few tips to get the most out of the program:

- Open the videos that introduce each module by pressing the  button.
- Start small and aim to work on one or two areas of change.
- Keep an open mind and be willing to try some of the strategies suggested.
- Be patient with yourself – change is a process and health is a journey!

The benefits of working towards better health and wellbeing include increased energy, concentration and circulation; increased resilience; improved posture; increased awareness and connection to your health.

The Body Mind Fit Workplace Wellbeing program provides a comprehensive understanding of holistic health with information and actionable strategies that can be easily implemented into your everyday life.

By engaging with this program, you will discover the empowerment that comes with positive change, and the many benefits of improving your health.

Enjoy the journey!

Brad



Course overview

- 1**  Behavioural change

 - The science and practicalities of change
 - Sustainability
 - Intrinsic vs Extrinsic goals
 - Behaviours vs Outcomes
 - Self-efficacy and rewards
 - Momentum and holistic health
 - Power of accountability
 - SMART goal setting
- 2**  Movement

 - Moving more is key
 - Start small
 - Fun, enjoyment and success
 - Gateway for change
 - Movement and work
- 3**  Sleep

 - Sleep and increased performance
 - Sleep hygiene
 - Sleep cycles
 - Alcohol and sleep
 - Sleep and work
- 4**  Stress management

 - A full life
 - Exercise and stress
 - Restorative exercise
 - Holistic health approach
 - Breath as a tool
 - Locus of Control
 - Other sources of support
 - Professional help
 - Stress and work
- 5**  Nutrition

 - Fast paced nutrition
 - Behaviours around food
 - Relationship to food
 - Nutrition and work
- 6**  Recovery

 - Recovery for everyone
 - Science of recovery
 - Ways to increase physical and mental recovery
 - Recovery and work
- 7**  Social circle

 - Importance of healthy influences
 - The power of positive support
 - Behavioural change and friends
 - Social and work

