



Workplace *Wellness* Program

Over the last few months you will have received information on the introduction of the **Landscape Queensland Workplace Wellness Program** and might recall that the construction industry, including landscape construction has been identified as a **'high risk'** industry when it comes to the health and wellbeing of its workers.

August is national **Tradies Health Month** so what better time than now to address the final high risk health topic for workers in the landscape industry – nutrition.

A staggering 94% of tradies reported that they don't eat enough fruit and/or vegetables.

As a business owner you probably have to manage staff. Retaining quality staff and ensuring you get the best from them can take a lot of time and effort. Studies have shown that employers who take an active interest in the health and wellbeing of their staff achieve greater productivity, improved morale and less absenteeism. If you're serious about investing in your staff as a business asset consider implementing a Workplace Wellness Program into your business today!

Over the next few weeks our bulletins will present information on what constitutes a healthy diet as well as benefits to be achieved if simple changes are made.

Create an inbox folder called Workplace Wellness Program right now and then move the bulletins to that folder so you have all the information handy in one easily accessible place.

Discuss the information below with your staff to get the ball rolling!



Most Australians eat only half the amount of fruit and vegies recommended for good health yet as mentioned above, construction industry workers come in at 94% who self-reported they don't eat the required minimum which is **2 serves of fruit** and **5 serves of vegies daily**.

How does your diet stack up?

Use these interactive calculators to help you fine tune your daily nutritional intake!

[CLICK HERE](#)

In our next edition we'll have a look the Five Food Groups and Australian Dietary Guidelines in more detail.

Parts of this information were reproduced from:-
www.tradieshealth.com.au/
www.eatforhealth.gov.au/eat-health-calculators
<http://gofor2and5.com.au>

Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier.Happier.Workplaces.Initiative.

Healthier. Happier. Workplaces