What other staff say about the staff wellness program

Testimonials

“*The half-hour lunchtime fitball sessions at ML have been great – especially for time-poor staff. I’ve been going since they started in Feb and have found them to be effective at bringing the heart rate up in only 30 minutes, as well as thoroughly working your muscles to strengthen and tone. Highly recommended.*”

Naoibh McLoughlin, Information Officer, Kurongkurl Katitjin, Centre for Indigenous Australian Education and Research

“I’m *loving the HBF Healthy Eating plan programme. Thanks so much for offering this at work! I’m combining this with the Weight Watchers programme and finding it extremely helpful. It is increasing my knowledge of food and especially focussing on fat and fibre intake. I’m finding that the information is helping me to make better food choices and it also helps me to teach my own family to make better choices at home! I really think anyone that cares about their health and wants to keep an eye on their weight should try these programs!*”

Karin Conradie, Developer Analyst, Planning, Quality & Equity Services Centre

“*Thank you for fitting my team into the ‘Boost Your Energy’ course we found the course to be interesting and a lot of fun. We enjoyed ‘sampling’ the recipes made in the class and benefited from the knowledge shared with us by the lecturer. I wanted to take the AP Team along so that we could learn something new and have a little fun spending time together outside of the workplace. I love how the Uni provides courses that encourage a more ‘wholistic’ approach to the employees at ECU and promotes the well being of their staff. I look forward to the rest of the courses currently scheduled on the Wellness program and hope to get along to more of them in the future.*”

Sharon Butler Team Leader Accounts Payable

“I *really enjoyed the food and the information at the cooking demo and it has spurred me on to do more fruit & veggie shopping and to watch my portion sizing. I’m sure I’ll only benefit from it* *It doesn’t really take that much effort to make some very tasty recipes, we all just take the easy way out more often than we should.*”

Tracey McConaughy, Fleet Manager, Facilities & Services

Talking about the same course – Cooking Demo, Boost your energy levels

Karl Hashfield “*Salads aren’t meant to taste this good*”