

**News Release**

9 February 2012

**CHALLENGE TO BE MORE ACTIVE IN THE WORKPLACE**

During the month of March, Mansfield Shire Council is challenging your work-place to be more active.

All work-places in Mansfield can participate - from sole traders to large businesses. There will be three categories your work-place can enter; the most minutes active, the most minutes active per person in the workplace and the biggest average increase in activity per person in the workplace.

A tally of the top three work places in each category will be published each week on the Shire website and a media release promoting the leading workplaces will be submitted to the Courier. The winner of each category will receive a trophy and the benefits of a fitter, healthier workplace.

David Roff, Mansfield Shire Council CEO and an Active Mansfield Champion said "The World Health Organisation recommends that adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week (30 minutes, 5 days per week).

"For many of us, a large percentage of our day is spent in the workplace. To incorporate just 30 minutes of exercise into an 8 hour working day is less than 7% of your work time.

"According to the World Health Organisation workplace physical activity programs can reduce sick leave by up to 32% and increase productivity by up to 52%.

"Research indicates that physical activity in the workplace improves mental concentration, stamina, reaction time and memory, helps participants build a better rapport with co-workers and enjoy work more".

"This was certainly the case for Mansfield Shire employees, who recently completed a 'fit for the job' challenge.

"We had two teams competing against each other, with one team losing more weight and the other team improving their overall fitness. Employees enjoyed the program so much so that many are continuing with lunchtime fitness groups," said Mr Roff.

The Work Place Challenge is part of the Active Mansfield Project which aims to increase the number of people regularly undertaking daily physical activity in the Mansfield Shire resulting in an increase in health and well being across our community.

If your work-place is interested in participating in the Challenge, contact Kirsten Lingard, Community Development Officer on 5775 8534 or visit the Active Mansfield page on Councils website. Please register your interest to participate by Friday 24 February 2012.

ENDS

For more information please contact David Roff, Chief Executive Officer of 5775 8555.

Photo: Mansfield Shire Council employees participating in work place activity (Lunchtime on Monday, Wednesdays and Fridays).