

Staff Health & Wellbeing Program - Information for CDU Staff

What is it?

The Health and Wellbeing Program is a great opportunity for you getting financially supported to stay healthy and active when using The Gym@CDU. It is an opt-in program undertaken by CDU Schools/Divisions/Areas depending on individual budget availability managed by your supervisor.

The Gym@CDU offers convenient and fun workouts between 6am and 9pm every day which will clear your head and work your body. There is a large range of brand new equipment on 500m² and friendly and professional staff to help you achieve your goals. Why not come over during your lunch break or straight after work for one of our 30 group fitness classes, a run or a workout in our fully air-conditioned facilities? Meet some like-minded people and enjoy the luxury of an uncrowded gym.

What are the benefits?

"It's generally well-known now that there are many physical and mental health benefits that can be gained from regular exercise. If people try to fit an active break into their working day, they might also experience the added bonus of their whole day feeling much more productive. And that always feels good in our busy lives.

"The study also begs the question whether employers can afford not to be encouraging active breaks. The suggestion is that employers who are ahead of the game in offering proper onsite facilities actually get less from their employees on days that they don't exercise."

Jo Coulson, Research Associate, University of Bristol's Department of Exercise, Nutrition and Health Sciences

<http://www.bristol.ac.uk/news/2008/6063.html>

How does it work?

The Staff Health & Wellbeing Program works on an initial financial and physical commitment from you, followed by an ongoing physical commitment from you, supported by a financial commitment from your supervisor. It is an easy four-step process:

1. You pay to join the The Gym@CDU and purchase a one month membership. You attend either the gym and/or group fitness classes for a minimum of twice per week or a total of 8 times in that month to show your commitment.
2. Upon achieving this rate of attendance over the month – your supervisor can then commit to investing in a 50% payment for an ongoing membership for you. This could take the form of another 1, 3 or 12 months, for Gym or Group Fitness, or Combined. You can discuss the preferred option with your supervisor before he/she confirms the arrangements with The Gym@CDU.
3. You pay 50% of the membership fee over the gym counter.
4. Your supervisor arranges payments of the other 50% via journal transfer.

Memberships for CDU staff (Joining Fee \$40)	Price
1 month Gym or Group Fitness	\$ 80
1 month Gym and Group Fitness combo	\$ 105
3 month Gym or Group Fitness	\$ 220
3 month Gym and Group Fitness combo	\$ 290
12 month Gym or Group Fitness	\$ 550
12 month Gym and Group Fitness combo	\$ 700

Need more information?

For any further information about prices or additional services we offer, please refer to our website www.cdu.edu.au/thegym or contact us on 8946 6971.

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