

Staff Health & Wellbeing Program - Information for Supervisors

What is it?

The Staff Health & Wellbeing Program is a great opportunity for you to support and encourage healthy and active staff who use The Gym@CDU. It is an opt-in program undertaken by Schools/Divisions/Areas depending on individual budget availability.

What are the benefits?

The benefits of making this available to all your staff will be happier, healthier and more productive staff.

"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 your staff member, followed by an ongoing physical commitment from your staff member supported by a financial commitment from you. It is an easy four-step process:

1. Your staff member pays to join the The Gym@CDU and purchases a one month membership. The staff member attends 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 commitment.
2. Upon achieving this rate of attendance over the month – you can then commit to investing in a 50% payment for an ongoing membership for your staff member. This could take the form of another 1, 3 or 12 months, for Gym or Group Fitness, or a Combo of both. You can discuss the preferred option with your staff member before you confirm the arrangements with The Gym@CDU.
3. Your staff member pays 50% of the membership fee over the gym counter.
4. You arrange payments of the other 50% via journal transfer to cost code: 0185 5889 184 05 63.

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

Example:

1. Staff pays 1 month membership + joining fee: $\$80 + \$40 = \$120$ and attends 8 gym sessions
2. Staff and Supervisor agree on 3 months Gym or Group Fitness membership for \$220
3. Staff pays 50 % of membership (incl. GST) = \$110 over the gym counter
4. Supervisor pays 50% of membership (excl. GST) as journal transfer = \$100

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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