



Trudi Collins; Angus Scanes, owner of Sunbury Fruit Market; Phillip Ripper, CEO of Sunbury Community Health; and Alison Still, HR administrator Sunbury Community Health. (Damjan Janevski)

Bosses set example

Businesses are being urged to follow Sunbury Community Health's (SCH) lead and do more to help employees live healthier lives.

As part of an expanded staff well-being program, SCH has organised delivery of fruit and vegetable boxes from Sunbury Fruit Market to the organisation's sites on alternate days each week.

"The fruit, and even the vegetables, disappear in a matter of days," human resources co-ordinator Trudi Collins said.

"People love them."

SCH has also introduced sit-stand workstations, free gym access, walking challenges and staff-led yoga sessions.

Ms Collins said employees were encouraged to suggest and plan new ways to promote better health.

"We're very lucky to have many engaged and qualified staff who are willing to give their time to support well-being initiatives," she said.

The approach has led to real benefits and Ms Collins said staff were more connected and SCH was experiencing lower levels of unplanned leave.

"Staff are thinking and talking about making healthier choices in and outside the workplace," she said.

Matt Crossman