



# THIS SAFE WORK MONTH SAFEGUARD YOURSELF.

**#SafetyIsOurBusiness**

It's crucial to recognise the importance of safeguarding both your physical and mental health in the workplace, and Safe Work Month is the perfect time to check in and make sure you're adopting a holistic approach to health; not only for your safety, but also so you can perform at your best.

A study by McKinsey Health Institute<sup>1</sup> highlights that employees with strong holistic health, encompassing physical, mental, and social well-being, are more likely to exhibit better work performance, innovation, and work-life balance.

By prioritising physical wellbeing through proper ergonomics, regular movement, and a balanced diet, you reduce the risk of injury and illness. Equally important is nurturing your mental health by managing stress, fostering positive relationships, and taking time to recharge when you need to.

Together, these practices create a resilient and productive work environment, empowering you to thrive both personally and professionally.

Check out our tips to safeguard yourself on the next page





Here are some tips to safeguarding yourself this Safe Work Month:



## NUTRITION AS A SHIELD:

Proper nutrition is vital in safeguarding your health. Eating a balanced diet rich in vitamins, minerals, and nutrients strengthens your immune system, enabling your body to better fight off illness and maintain optimal health. Focus on enjoying whole foods, staying hydrated, and cutting back on processed foods to keep your body feeling its best!

## FITNESS FOR RESILIENCE:

Regular physical activity not only keeps you fit but also makes your body more resilient to stress and injury. Incorporating consistent exercise routines into your daily life boosts cardiovascular health, strengthens muscles, and improves mental well-being. A strong, fit body is less susceptible to injuries and can recover more quickly from physical challenges.



## THE POWER OF RECOVERY:

Rest and recovery are just as important as nutrition and exercise. Allowing your body the time and space to recover after illness, injury, or intense physical activity is crucial for long-term health. Recovery practices, such as adequate sleep, stress management, and mindfulness, play a vital role in restoring your body and mind, preventing burnout, and ensuring you're ready to face daily challenges.



Check out our blog for more wellness information and to contribute to a safer more productive workplace

[fitnesspassport.com.au](https://fitnesspassport.com.au)