

# WORKPLACE WELLBEING





# HELLO!

We are Bluearth, and we are passionate about addressing the alarming trends of inactivity across Australia. Our mission is to improve the health and wellbeing of all Australians by making mindful movement a part of everyday life. We do this by providing positive participation experiences that develop one's skills and motivation for integrating healthy habits into their life now and maintaining them in the future in order to move more and importantly, move well.

As humans, we are designed to move; but the workings of the modern world, particularly in office-style workplaces, have removed the need for physical activity and have increased sedentary behaviour. As a result, Australia ranks as one of the most inactive nations in the world which will have debilitating effects if no action is made, including reduced life expectancy and quality of living, as well as increasing the risk of deadly conditions.

Incorporating physical activity into the workplace has a multitude of benefits, for both employees and the overall workplace culture. Movement in the workplace has been shown to reduce time spent in sedentary positions, improve mental health, and enhance workplace wellbeing. At Bluearth, we recognise the benefits of reducing sedentary time, moving more and moving well. Our approach focuses on mindful movement to build and support physical, mental, social, and emotional health and wellbeing.

We are excited to work alongside your team to unite your workplace community through movement and mindfulness. We will bring the best methods and techniques to engage your staff in mindful movement, including those not interested in sport and fitness but who value movement and social connectivity.

We will work hard to make a significant difference and bring the joy of movement to your team. We look forward to discussing this program with you further (POA).



WITH GRATITUDE,  
THE BLUEARTH TEAM



1300 784 467 (AUSTRALIA)  
+ 61 3 9820 6300



[WWW.BLUEARTH.ORG](http://WWW.BLUEARTH.ORG)