

BONDI BARE ARTICLE (for 25th March 2011 ezine)

According to The Age, Australians are the hardest-worked citizens in the Western world. We work an average of 1855 hours a year - more than workers in the United States, Japan or anywhere in Europe.

While it's all well and good to say we should work less, sleep more, and exercise A LOT more – sometimes it's just damn hard to find that balance.

At chem, we understand work is a big part of your life – but we've got a few simple steps to help you get active and achieve your optimum work.life.health.fun balance.

1. **Take baby steps:** Don't go too hard, too early - you'll burn out! It's all about pacing. Start by trying to squeeze in one training session a week. Maybe start with just half an hour, and slowly increase to an hour as your fitness progresses.
2. **Make a list:** Write down the events you want to compete in throughout the year. These events will become your goals and give you something to work towards – not to mention motivation to get up in the morning!
3. **Kill two birds with one stone:** Try and incorporate sport and exercise into your normal routine. Why not try out a CityCycle and ride to work instead of catching the bus. Or perhaps walk to your next meeting, rather than taking a taxi.
4. **Get work involved:** Your organisation has a social obligation to look after you as an employee. Speak to your HR department about their end of the bargain – maybe they could organise group yoga at lunch, coordinate an after-work run, or maybe even start sponsoring you to enter some sporting events throughout the year.

Chem Corporate Health & Wellbeing Director, Emily Davies, says you should never underestimate the role your organisation can play in helping you achieve your health and wellbeing goals.

“Every day we deal with organisations that are more than aware of the responsibility they have to help their employees achieve a work.life.health.fun balance,” she says.

“If you feel like you're missing out, speak to your employer about your organisation's health and wellbeing program – there may be a range of initiatives available for you to get involved in.”

For more information about chem, visit www.chem.net.au.