

Life! program

How the *Life!* program aligns with the Achievement Program benchmarks

The *Life!* program can support your workplace to meet the Healthy Workplaces Achievement Program Physical Activity and Healthy Eating benchmarks.

How do I use this benchmark alignment table?

This benchmark alignment table details which initiatives from the *Life!* program can help you to meet the **physical activity** or **healthy eating** benchmarks in the Healthy Workplaces Achievement Program.

Life! and the Achievement Program help build healthier Victorian workplaces. The Achievement Program supports workplaces to promote health and healthy behaviours by improving the physical environment, policies, practices and culture. *Life!* supports individual employees by delivering a personalised healthy lifestyle program.



About the Achievement Program

The free Achievement Program helps workplaces strive for a healthier environment. All members are supported to meet a set of targets addressing key health areas, including physical activity, healthy eating, mental health and wellbeing, smoking and alcohol and other drugs.

About *Life!* program

Life! is a free healthy lifestyle program that helps Victorians reduce their risk of type 2 diabetes, heart disease and stroke.

The *Life!* program has a variety of flexible workplace offerings. These free workplace offerings include healthy living sessions and the *Life!* group course for eligible employees. Employees will learn more about healthy eating, physical activity and stress management, which contributes to the Achievement Program's physical activity and healthy eating health areas. (Note: all *Life!* program offerings are running online during COVID-19).

You can learn more about the *Life!* program workplace [here](#).



Achievement Program
www.achievementprogram.health.vic.gov.au
1300 721 682
admin@achievementprogram.org.au

Life! program
lifeprogram.org.au
13 RISK (13 7475)
life@diabetesvic.org.au

The following *Life!* resources can support your workplace to meet Achievement Program **Physical Activity and Healthy Eating** benchmarks.

	HEALTHY CULTURE	HEALTHY PHYSICAL ENVIRONMENT	HEALTH & WELLBEING OPPORTUNITIES	HEALTHY COMMUNITY CONNECTIONS
<p>Management briefing slides Used to support workplaces to bring their management and/or leadership on board and to reinforce the importance of employee health and wellbeing.</p>				
<p>Healthy Living session A free 30-minute information session where employees will learn more about:</p> <ul style="list-style-type: none"> • diabetes, heart disease and stroke • healthy eating • the importance of physical activity • reducing stress in daily life, and • an introduction to the <i>Life!</i> program. <p>As part of this session, employees will have the opportunity to complete the Australian type 2 diabetes risk assessment, which determines their risk of developing type 2 diabetes in the next 5 years.</p>				
<p>Life! group course The free <i>Life!</i> group course can be delivered to eligible employees in the workplace. The program is run by health professionals across seven sessions. Employees learn more about diabetes, heart disease and stroke, healthy eating, physical activity, general wellbeing and goal setting. Participation supports the different physical activity or healthy eating benchmark measures in the Achievement Program.</p> <p>Session 2 is delivered by an Accredited Practising Dietitian and covers:</p> <ul style="list-style-type: none"> • healthy eating goal planning • healthy eating benefits • incorporating healthy eating into lifestyle through small changes. <p>Session 3 is delivered by an Exercise Physiologist or physiotherapist and covers:</p> <ul style="list-style-type: none"> • physical activity goal planning • physical activity benefits • incorporating physical activity into lifestyle through small changes 				
<p>Life! achievement report Provides a de-identified report on your employees' collective success in completing the <i>Life!</i> program in the workplace.</p>				
<p>Tip sheet for physical activity and healthy eating Provides a variety of practical and easy-to-apply tips to encourage physical activity and healthy and balanced meals.</p>				