

FIT FOR WORK, HEALTHY FOR LIFE

Improving the physical and mental health of project personnel through the establishment of a gymnasium and wellbeing program

The gymnasium offers a controlled and managed environment for both staff and workforce to engage in physical activities efficiently.

Given the time-critical nature of Major Projects, employees often struggle to find time for personal wellbeing. By providing a gym facility at the workplace, individuals who might otherwise neglect their health can conveniently participate in exercise programs.



Gym incorporated into the Main Compound at Barwon Terrace

The Situation

Major Projects, especially those involving rail, have a significant impact on the health and wellbeing of employees, both physically and mentally. The demanding nature of these projects and the long hours required often leave employees with limited time for physical exercise and work-life balance.

Consequently, unhealthy diets and lack of exercise contribute to a decline in performance within the workplace.

The Solution

A well-equipped gymnasium has been established at the Barwon Terrace Main compound. It includes cardio machines such as treadmills, spin bikes, and rowing machines, as well as multi-gym weights machines and general exercise equipment.

Additionally, Inspirology's Fitness and Wellbeing guru, John Verbi, has been engaged to provide expert guidance on exercise programs and offer information and training on broader wellbeing initiatives, including nutrition, exercise, and lifestyle improvements.

Benefits and learnings

The provision of an on-site gymnasium encourages employees to engage in a healthier lifestyle and participate in physical exercise conveniently during work hours.

This eliminates the need for employees to travel to a separate gym, saving them time and reducing time-related pressures that could lead to late arrivals at work.

Furthermore, it is anticipated that the gymnasium will foster camaraderie among employees and promote interdisciplinary communication across the project. Positive feedback thus far indicates an improvement in employee attitudes and wellbeing since the installation of the gym.

The cost of the equipment and program was \$48,000.

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