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Hospital staff put their health first

Liverpool Hospital staff explored their active travel options at a Staff Travel Expo today, learning about ways to reduce their travel costs and improve their health on the way to work.

The Expo was part of the Liverpool Active Travel Plan, which promotes positive opportunities to improve staff health by increasing physically active commuting like walking, cycling and public transport.

South Western Sydney Local Health District Director of Health Promotion Mandy Williams said Hospital staff were leading by example.

“Liverpool Hospital staff are practicing what they preach and choosing a healthier way to travel to work,” Ms Williams said.

“It’s a great reminder to all people to think about ways they can be more physically active during the course of their day.

“The great thing about walking or cycling to work is that it’s incidental exercise – you get it just by going about your everyday life.

“Walking or cycling to work can help reduce the risks associated with physical inactivity including type 2 diabetes, obesity, cancer and depression,” she said.

At the Expo, Hospital staff learned about the *Step by Step* three month walking program, the *Western Sydney Carpool Program* and the *Ten Cycle to Work* program, which allows staff access to a loan bike for three months.

Ms Williams said the Liverpool Active Travel Plan, which aimed for a 10 per cent reduction in staff driving to work alone by the end of 2014 has been a great success.

“Following a similar Staff Active Travel Expo in September last year, 139 staff participated in the *Step by Step* walking program and the *10 Cycle to Work* program.

“Since an initial survey in 2011, there has been a significant decrease in staff driving to work at Liverpool Hospital from 84 per cent to 79 per cent,” she said.