

# Inspiration for corporate wellness events that have an impact



# Healthy Workplaces

**Raising awareness about the importance of introducing activity into the workday.**





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Sally Marlene Muggen  
HO-MR4

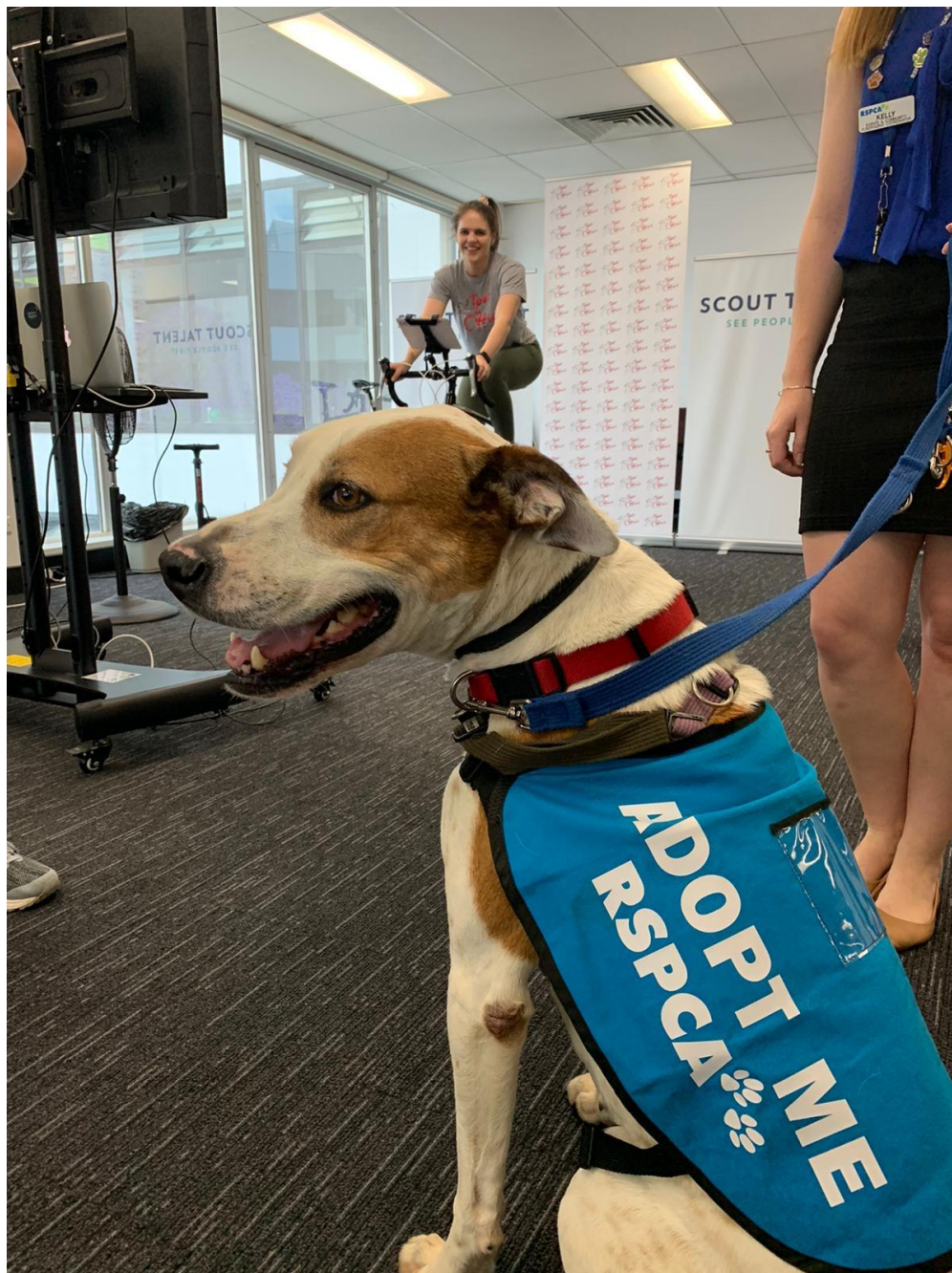


1. Set achievable goals
2. Communicate benefits
3. Celebrate achievements

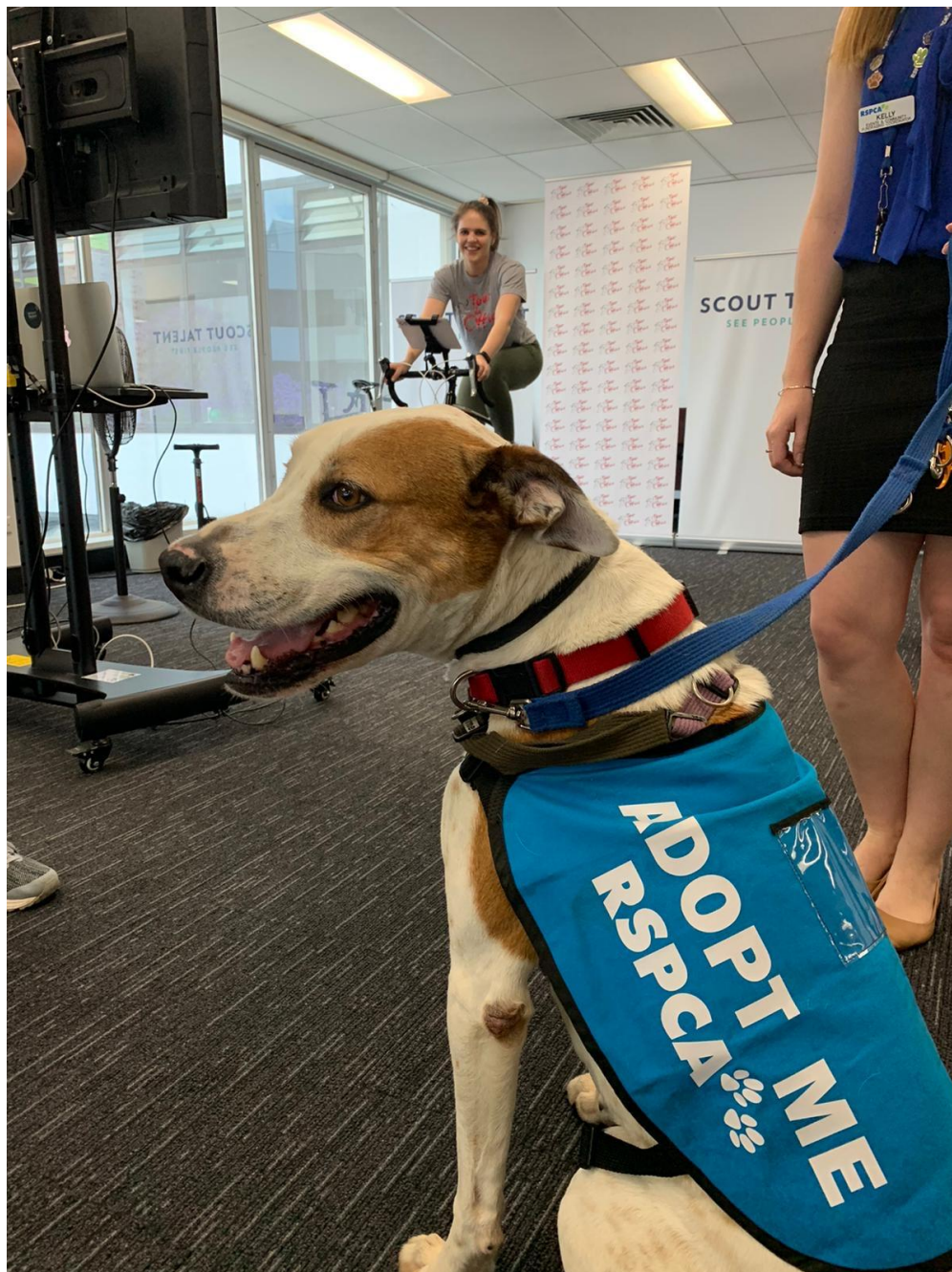




- 1. Raise awareness**
- 2. Anonymity**
- 3. Charity partnerships**

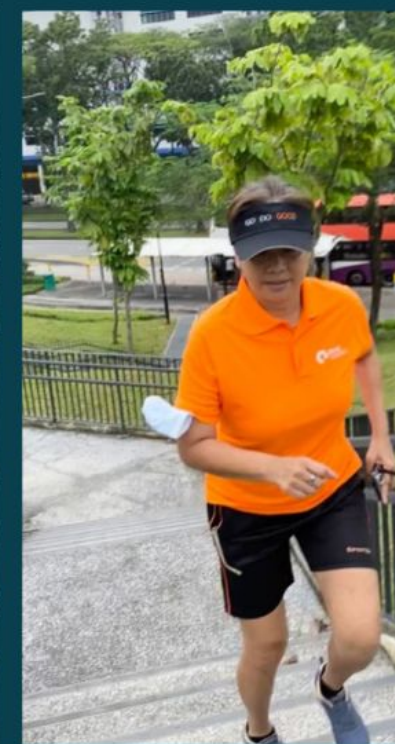


**Tour de Office has raised over \$1.25 million dollars for charity through peer-to-peer fundraising.**



1. Group voting
2. Engage the charity
3. Prizes for top fundraisers





1. Utilise your internal chat channel
2. Set up teams
3. Set a group goal





**Wiley**

6,199 followers

3w · 🌐

🚴 Tour De Office 2021 has officially concluded, we are very proud of all the Wiley riders who participated!

We raised over \$1000 to go towards helping Fareshare end food insecurity although donations can still be accepted for another two weeks. Together we rode over 700km's and had a whole lot of fun. Thank you to all the awesome sponsors who donated!

<https://lnkd.in/g57cViK>



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523 followers

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+ Follow ...



**Tour de Office Foundation**

275 followers

2w · 🌐



**Wiley**

6,199 followers

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Wiley is excited to announce that we will be participating in **Tour de Office Foundation** 2021!

During a week in May, the Wiley crew will ride on a stationary bike for 30 minutes legs to raise money for Fareshare, to help them end food insecurity. Check out the Wiley crew that will be participating and if you can, please donate below!

[Joseph Zylstra](#) [Serena Koh](#) [Aswanth Shanmugam](#) [Dave Smith](#) [Daniel McKenna](#) [Cameron Douglas-Savage](#)

[#quitthesit](#) [#people](#) [#giving](#) [#team](#) [#wellness](#)

de 510km during our May ride week... That's Brisbane and Gladstone

and over \$450 for the **Royal Flying Doctor** to help the wonderful people who provide emergency





## **Katie Redhead**

**Operations Leader  
Healthy Workplaces**

07 3330 2553

[katie.redhead@healthyworkplaces.org.au](mailto:katie.redhead@healthyworkplaces.org.au)