

Workplace Health Challenge

It's on again ... for goodness sakes don't miss out on this one.

Awards and a Major Prize up for grabs.

Here's your perfect opportunity to get fit, healthy and drop a few of those unwanted kilos (even add some muscle and tone up those legs, abs or arms).

The Workplace Health Challenge® (WHC) is near. The program officially kicks off at 8:45 am Monday 27th

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

- Alexander Graham Bell



Some of our Ringwood colleagues who participated in the last WHC with Julian Smith (WHC). Pictured L to R Julie Otley, Linda Nguyen, Julian Smith, Natalie Vethanayagam & Maria Gusak

September concluding 5 pm Sunday 19th December 2004. 12 weeks or 84 days of teamwork, commitment and persistence. You can join in anytime during the 12 weeks.

See or contact Ringwood's OH&S centre for more details.

We'll also be raising money for the Clown Doctors - that's right ... you can get sponsored by friends, family or work colleagues and all money raised will go to a fantastic

cause. There's nothing like a win-win situation.

Just have a look at a couple of previous success stories ...

Joanne Bowen (National Distribution Centre, Ringwood)

"The benefit I believe the WHC had on the company was improved health and well being for all the employees who participated. I had other colleagues following my progress and feeling inspired to try as well. I believe healthy happy employees will ultimately lead to a more productive workplace".

Michelle Bruhn (Consumer Services, Ringwood)

Why did I participate in the WHC?

- Look better leading up to the summer months and increasing my self esteem
- Improve my overall fitness level
- Adopting a "I can do it" attitude, especially when I was going to be in the "public eye" at work
- Knowing that your strategies can be incorporated into a lifestyle change and not just a quick fix diet

"I was flabbergasted with how

my target was 5cm, and I lost 15 cm. I gained more muscle tone, which has improved my self-image. The fluid retention that I suffer from has decreased. I am very proud of myself and feel great. I know that I can continue with my new lifestyle change and get to my "pre-baby" weight goal in a slow and safe way in the future".

"In closing, THANK YOU, THANK YOU, THANK YOU Cadbury Schweppes and Julian Smith (Workplace Health Challenge). What a great way to kick start a healthier lifestyle".

"Change is the catalyst for the waterfall of knowledge and experience"

Continuously Having
A New Growth Experience

The Essence of Character

Your true character is revealed by the clarity of your convictions, the choices you make, and the promises you keep. Hold strongly to your principles and refuse to follow the current convenience. What you say and do defines who you are, and who you are ... you are forever.



A project of the Humour Foundation

Cooking Up a Storm!!

Dr Dumb & Dumbera (Ringwood's Clown Doctors - Linda Fisk & Leanne Dixon) are preparing a Cook Book, which they plan to sell later this year to raise funds for the Clown Doctors.

Do you have an old family recipe or maybe your child's / husband / wife / brother / sister / etc. favourite recipe? Or perhaps you have a handy hint. If so then please forward a copy of your recipe/handy hint. (together with your name, department & shift plus a photo) by 30 October to Linda or Leanne at Ringwood.

The cookbooks will be available for sale from mid-November at a cost of \$10:00 with all proceeds going directly to the Clown Doctors