

# STAYING WELL IN THE GHS TEAM DURING COVID19

## The Get Healthy Service and Knockout Health Challenge Team Challenge – March 2020

The Get Healthy Service and Knockout Health Challenge teams at the Office of Preventive Health have commenced a 10 week health challenge to line up with the [NSW Knockout Health Challenge](#).

Commencing on Monday 30th March, teams were pulled from a hat and personal exercise and wellbeing goals were set.

Over the 10 weeks teams are encouraged to:

- Set an overall goal and weekly goals
- Exercise a minimum of 3 days per week
- Weekly check in with their buddy on how they are progressing with their health and wellness goals.

Over the 10 weeks the teams will share Knockout Health Challenge fitness and exercise plans and will motivate each other to stay well and motivated. This is especially important in light of the changes to new ways of working due to COVID 19. We will also be completing weekly online group exercise sessions with our new project officer, Elizabeth Calleja who is an Accredited Exercise Physiologist.

The NSW Aboriginal Knockout Health Challenge is a free program to assist communities come together as teams to eat healthy and live a more active life. For more information on the Knockout Health Challenge for your community please contact Rose Fonua, Senior Project officer at [Rose.Fonua@health.nsw.gov.au](mailto:Rose.Fonua@health.nsw.gov.au)  
<https://www.nswknockouthealthchallenge.com.au/>

