

Healthy Workforce Update

MOVE MORE



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Rotherham CCG
Governing Body

**ONE
YOU**

- Health Checks
- Mindfulness App
- Train the trainer - line management training
- Fast Track Physio
- Activity programme
 - Yoga
 - Zumba
 - Walking
 - Geocaching
- Healthy eating
- Drinking less
- Smoking less
- 'One you' campaign
- Workplace wellbeing Charter Award
- Challenges!



<https://www.nhs.uk/oneyou>

<https://campaignresources.phe.gov.uk/resources/campaigns/44-one-you/overview>

THANK *you*

