

All for fun and fun for all!

*Fun and fitness in the workplace.*

When was the last time you laughed and sweated your way through 90 minutes of exercise and fun with your work mates?

Most Australian employees say they struggle trying to achieve work-life balance. Long hours at a desk, regular absences from home, and low levels of physical activity all have a negative impact on health, fitness and wellbeing. Personal and professional relationships suffer. Employees often report increased levels of stress; this is reflected in higher levels of absenteeism and staff turnover, and diminished productivity.

In my line of work I am blessed to have the opportunity, to reverse some of this growing trend. On an almost daily basis I make sure 'grown-ups' have fun, get fit and become cohesive, happy and enthusiastic members of their corporate teams.

Adults all need to have fun and laugh, they need to release stress, and to keep fit and healthy. They need to do this to reconnect to themselves, to connect with their fellow work mates and to personally contribute to the creation of fitter, healthier and more positive work environments.

In organisations where management are investing in their people in this manner, there is an extraordinary sense of camaraderie, a sense of empowerment and sense of humour that carries employees through the tough times, that helps them to deal with difficult situations and to take initiative and responsibility where otherwise they might hesitate and defer.

These sorts of corporate team building, health and fitness activities regularly see staff competing against each other in varieties of locations and situations that test and develop their many physical, mental and emotional strengths and weaknesses. Recently I've had corporate groups enjoying water-bucket races against each other at the beach, walking Mt Lofty together, participating in themed-treasure hunts in places such as the Botanic Gardens and doing the Beep Test to measure fitness levels. It is the shared nature of the physical activities and challenges that unites and inspires healthy competition, personal growth and team support amongst participating employees.

If we measured the success of these activities simply based on percentage of time spent by participants laughing and smiling with each other, we'd have close to a 100% success rate. But the positive effects of these activities don't stop there. These smiles and laughter travel back to the workplace, infusing work mates, clients and customers alike – it's as if the fun and joy is being transferred by a process of osmosis...simply being in the presence of happy people makes you happy, lifting the energy of the immediate environment - priceless!

Who says keeping fit, building cohesive teams and personal development can't be all fun and all rolled into one shared experience?

The purpose of fun is to have it...go get some today!