

Workday health adds up for accountant

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Competitive traits that make employees good at their jobs are now being harnessed to make them healthier, with some WA companies keeping score on who makes the most changes for the better.

A "Re-fresh" program adopted in April by St Georges Terrace accounting firm MGI Perth saw points being awarded to 30 staff for kicking bad habits and adopting

healthy, new ones. Staff gained points for exercise, eating fruit, drinking water, limiting alcohol and if they met with a buddy for motivation.

And at the end of the four-week challenge period, Jocelyn Powell found herself in equal first place.

Despite it being in the lead-up to a tax deadline, the 27-year-old accountant had still found time to exercise at least four times a week, getting up at 5am to do so, and ensured she ate three pieces of fruit a

day. Staff at her office were encouraged to keep cores and peel as evidence of their fruit consumption.

For some of the suggested healthy changes, Ms Powell said it had been easier for her than most to earn extra points, because it was normal practice for her to drink a lot of water and little alcohol midweek.

"But even now people are still saying to each other, 'I hope you had your three pieces of fruit before that chocolate'," she said.



Fruitful habit: Jocelyn Powell came equal first in challenge. Picture: Rob Duncan