

Get on Track

Your path to a healthier life



Is your workplace up to the Challenge?

The Get on Track Challenge is a free, team-based, online challenge helping your employees increase their daily fruit and vegetable intake and physical activity.

Teams of up to four compete against other teams as they progress along a virtual track by inputting their daily fruit and vegetable intake and physical activity.

The program contributes to your workplaces's health and wellbeing by helping people implement healthy habits that can be continued over the long term.

Your organisation's path to a healthier life starts here www.getontrackchallenge.com.au

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1

Join a challenge: Choose from an Official Diabetes WA Challenge or Create Your Own Challenge.

2

Build your team: Get colleagues and friends engaged in some friendly, healthy competition with you.

3

Track your activity: Enter your daily fruit and vegetable intake and physical activity to keep your team moving along the track.



Find out more at
www.getontrackchallenge.com.au



Government of **Western Australia**
Department of **Health**

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To contact Get on Track Challenge, email
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