



## Service Priorities and Programmes Electronic Presentations

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### **Promotion of Staff Health through Staff Wellness Program in NTWC**

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#### **Keywords:**

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health promotion  
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#### **Introduction**

Promoting healthy lifestyle is one of the important ways to minimize absenteeism, sickness and injury in different industries. In order to promote physical and mental health by means of regular exercise habit and learning different ways of relaxation, the Occupational Medicine Care Service and the Department of Physiotherapy in NTWC organized a series of wellness program in NTWC in 2011-2013.

#### **Objectives**

(1) To provide colleagues with different types of health promotion program; (2) to evaluate the participants' satisfaction level for different courses

#### **Methodology**

Wide variety of staff wellness classes were conducted which can be classified into exercise classes, relaxation workshop and health education. Exercise classes included the Pilates Exercise Class, Yi Jin Jing (易筋經) Class and Tai Chi 12 Style Class. Workshop on relaxation included the Stress Relaxation Workshop and Aroma and Relaxation Class. Health education class included the Acupuncture Point Massage.

#### **Result**

16 different classes were conducted from 2011-2013. Total of 183 colleagues attended different classes with the overall satisfaction rate from 86% to 100%. The response for enrollment is overwhelming especially for exercise classes and the satisfactory rate is also higher in exercise classes (average = 95%). Participants also showed high motivation in continuation in practicing the learned skills and exercise as 93.3% of participants showed positive response in further practice of skills after classes. Conclusion: Colleagues showed overwhelming responses in different types of staff wellness programs and showed positive response in sustaining healthy lifestyle after the classes was demonstrated.