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Presenter 1: Get Healthy at Work – NSW Health

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Bio:

Rachel Gerathy is a Dietitian and Exercise Scientist working in Health Promotion on the Mid North Coast. She has over 15 years' experience working with a range of clientele, including Australian and International corporate workplaces, and blue collar industries such as mining, manufacturing and recycling.

Get Healthy at Work is a NSW Health service that aims to improve the health of working adults. The program helps workplaces address six priority health areas to identify and reduce the risk of type 2 diabetes, heart disease, and mental ill-health. The program provides advice to individuals in small business, and to larger organisations to make small, healthy lifestyle changes to create happier, healthier workplace environments.