

# 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 workplace'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](http://www.getontrackchallenge.com.au)

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



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



**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](http://www.getontrackchallenge.com.au)



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Department of Health

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To contact Get on Track Challenge, email [support@getontrackchallenge.com.au](mailto:support@getontrackchallenge.com.au) or call (08) 9325 7699

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## FREE program

**Get on Track Challenge is a free, online, team-based challenge designed to help you increase your daily physical activity and fruit and vegetable intake.**

**You can do the challenge in teams of up to four with your work colleagues, friend, or family. By tracking your fruit and vegetable intake and physical activity you will move along the virtual track map, competing with other teams to move the furthest distance.**

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