



ThriveWell

8 Week Staff Wellbeing
Program

Thriving@Flinders



About the Program

ThriveWell is an 8-week wellbeing program for staff, led by final year Nutrition and Dietetics and Exercise Science students.

The program is a collaboration between People and Culture and the College of Health and Enablement to provide great programs for staff, and placement opportunities for final year students.

The program is designed as bite-sized modules of 1 hour per week during your lunch break, including 2 practical cooking sessions, 3 practical exercise and movement sessions and 3 interactive workshops.



Program overview

Date	Time	Topic
7 July	12-1pm	Build your 90 day wellbeing program
14 July	12-1pm	Decoding food labels and eating well
21 July	12-1pm	Practical cooking session: Healthy eating on a budget
28 July	12-1pm	Eating well on busy days
4 August	12-1pm	Practical cooking session: Protein made practical
11 August	12-1pm	Strength training without gym intimidation
18 August	12-1pm	Longer living: The power of aerobic fitness
25 August	12-1pm	Mobility for everyday wellness



1. Build your 90-day wellbeing program

Interactive Workshop

Build a wellbeing approach that actually works in your real life – not just in theory. This session will look at how to turn good intentions into sustainable habits, provide practical tools like habit stacking and minimum viable routines, and creates a simple weekly structure that fits your schedule. Walk away with a personalised and realistic plan you can start immediately.

2. Decoding food labels and eating well

Interactive Workshop

Cut through the confusion at the supermarket and learn how to shop with confidence. This session is about understanding food labels, additives, and nutrition claims. You'll learn how to spot marketing tricks that influence your food choices. It's an interactive workshop and you'll be given the opportunity to apply your new knowledge in a hands on activity. At the end, you'll feel empowered to make smarter food choices.

3. Healthy eating on a budget

Practical Cooking Session

Cook simple and nourishing meals without overspending in cost or time! In a practical session explore affordable and nutritious recipes and ways to spend less time cooking with effective meal planning. Start building your recipe bank to spend less time and money on food.



4. Eating well on busy days

Interactive Workshop

Feeling time poor with a busy day can be a major barrier to eating well. This session looks at how to maintain consistent and nourishing eating habits even when you have a busy work schedule. Look at ways to structure meals to support sustained energy, how to make the most of convenience foods, and learn the better snack options to have on hand. Keep your energy steady no matter how busy you get.

5. Protein made practical

Practical Cooking Session

Do you know how much protein you need? In this session you can take the guess work out. Understanding your specific protein needs can help you feel your best. This is a practical cooking session with easy ways to boost protein intake, simple swaps, and options for vegetarians.

6. Strength training without intimidation

Practical Exercise Workshop

Build your confidence in strength training and discover how strength training and lifestyle factors shape lifelong bone health. This workshop breaks down the science in an accessible way, helping you understand why bone density matters and how to protect it. You'll leave with practical strategies, and a few simple exercises to support strength and resilience as you age



7. Longer Living: The Power of Aerobic Fitness

Interactive Workshop

Explores how aerobic fitness supports cardiovascular health, boosts daily energy, and promotes healthy ageing. Participants will gain a clear understanding of how the heart and circulatory system respond to physical activity, why aerobic exercise is a cornerstone of disease prevention, and how small, achievable changes in movement habits can significantly improve long-term health and lifespan. Practical strategies, evidence-based guidelines, and take-home tips will empower staff to build heart-healthy routines.

8. Mobility for everyday wellness

Practical Exercise Workshop

Explore how purposeful movement can help reduce stiffness, improve posture, and boost your energy throughout the day. This hands-on session introduces mobility exercises designed to counteract long hours of sitting and support healthy joint function. No equipment or experience required, just comfortable clothing and a willingness to move



Joining ThriveWell

If you would like to participate in the inaugural program, there is a \$30 personal investment covering costs associated with the cooking classes.

As there are limited places, the program is available to the first 25 staff who complete the registration and payment process.

Please note that cooking sessions are in person at the Sturt Campus, all other sessions are in person at Bedford Park Campus.

[Register here.](#)

For any queries, please contact Elizabeth Routley
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