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NEWS BRIEFING

- A NEW Australian study has found that physically active employees take almost half the number of sick days their more sedentary co-workers take.

The effect on absenteeism and the cost savings from a workplace pedometer-based intervention have been announced by the Heart Disease and Diabetes Prevention Centre.

The report compared the absentee rates of 200 Australian employees taking part in the world's largest corporate health event, the 2007 Global Corporate Challenge (GCC), with 200 non-participating employees from the same organisations over six months.

The 200 GCC participants took 666 sick days and their co-workers took 1128 sick days.

- ACROSS the board Australian workers are exhausted and time-poor and feel their family life, health and general wellbeing are suffering because of work commitments and expectations of working overtime.

The author of *Work Life Balance for Dummies*, Katherine Lockett, says the way forward is not as complex as we may think.

In the book, she says you can discover how to work out your priorities; develop simple ways to ease stress and make more of free time; look after yourself; stop procrastinating and improve time management; move your boss towards a work/life balance; cast your net wider and change jobs and employers; and plan a sea change or tree change.