

ANZ CASE STUDY



CREATING COMMUNITIES IN THE WORKPLACE

ANZ



THE COMPANY

The Australia and New Zealand Banking Group Limited (ANZ) is the third largest bank by market capitalization in Australia. ANZ is also the largest bank in New Zealand, as well as having operations in more than 32 countries across the Pacific, Europe, Asia, the USA and the Middle East.

THE CHALLENGE

The ANZ Health, Safety and Wellbeing (HSW) strategy is tailored for individual countries, with health and safety committees existing in each region. The objective is to promote a healthy workforce, maintain a safe system of work, and proactively support the physical and emotional wellbeing of their people. The goal is to provide health information and activities for employees worldwide.

Any program initiated by ANZ needed to be able to embrace their health, safety and wellbeing framework and work across the breadth of their operations

WHY STEPATHLON?

Stepathlon provided a unique opportunity to engage staff via a physical activity program accessible to anyone, anywhere and anytime.

“The best part for me in Stepathlon was how wearing the pedometer makes you realize just how little exercise you do on those “normal” days at work. It has been a real eye-opener to encourage us to exercise”

Tessa Robins, Senior Audit Manager, ANZ

THE OUTCOME

More than 2000 ANZ employees from 20 countries took part. The ANZ daily step average exceeded that of the recommended 10,000 steps per day, while employees reported higher levels of engagement, team work, increased physical activity, better sleep and reductions in sedentary behaviours.



“Stepathlon has brought us a bit closer together, more likely to engage a conversation. My team members have all made an effort to contribute; no one wants to let the side down.”

Glenn Robertson, SNR Credit Analyst, ANZ, Australia

“The best part of Stepathlon for me has been my motivation to get good step counts each day and encouraging our team to do more”

Emma Wickens, Quality Assurance Officer, ANZ

FACTS AND FIGURES

- **44.20%** of ANZ Stepathletes **lost weight** (average weight 5.3kg)
- **60.00%** of ANZ Stepathletes **increased their step count**
- **40.00%** of ANZ Stepathletes **improved their quality of sleep**
- **36.00%** of ANZ Stepathletes experienced **lower levels of stress**
- **33.70%** of ANZ Stepathletes **experienced increased engagement levels at work**
- **32.80%** of ANZ Stepathletes were **more productive at work**
- **33.30%** of ANZ Stepathletes experience **improved teamwork at work**
- ANZ Stepathletes **reduced their sitting time** by an average of **2 hours and 28 minutes per day**

