

# Promoting Healthier Living

**Forster is taking action to promote healthier living to its employees by working towards accreditation through the Healthy Working Lives Award programme.**

A big emphasis within our industry is given to on-site safety and quite rightly so, however the 'Health' element of Health & Safety tends to have a lower profile. Scotland has a long standing reputation for poor health and although this is improving there is still plenty to be done to achieve the levels of health enjoyed by most of our European neighbours. Forster are keen to play their part by promoting healthy living for a healthier workforce.

To find out more about the Scottish Centre for Health Working Lives and its Award programme visit [www.healthyworkinglives.com/](http://www.healthyworkinglives.com/)



Pictured, Members of the Forster Human Resources team with their Smoothie entry. Created as part of Forster's Smoothie Making Competition promoting healthier working lives in conjunction with the National Learning at Work Day.