

Queensway dental get physical!!

Employer: Queensway Dental Clinic

Area: Stockton

Theme: Physical Activity



'When we feel better, we work better!' Of course, how accurate can a statement be? Statistics suggest a happy healthy team work better as a whole and are less stressed in there working environment. Working in a dental clinic the full team are constantly undergoing complicated tasks and problems which can become very stressful and tiring especially when it comes to dealing with patients and their care on a daily basis putting their needs first. As a whole better health at work has enabled all staff here at Queensway to participate and come up with new innovative ideas to help us as a whole team develop further in consideration to our health and wellbeing here at work.

After all considerations and all ideas discussed it was decided... Let's get Physical!



Queensway happily introduces personal trainer Gordon Ace Hindson to the clinic to help us better our health at work further. (Gordon pictured on the right with a kettle bell above his head wearing the usual attire of blue shorts and a blue top.) The initial start date was set; Gordon swarmed into the practice with one aim in mind which was to get everyone on board with lunch time exercise in a fun and involved way encouraging everyone to attend! The first session was planned; this session was mainly an introduction to this new exercise regime and also for staff to meet the highly energised and smiley faced Gordon Ace, a meeting everyone involved will never forget!



Our first session was held in our education centre here at Queensway, I remember the whole thing as I was the one to forget my trainers; it was just great, gliding around the room with socks on my feet making a mockery of myself! I must admit I personally LOVED the whole experience also to document I never forgot my trainers again. All staff that have taken part in the lunch time exercise sessions have loved the experience and keep coming back for more, numbers keep on growing so the past few sessions have taken place in Billingham Park.



The lunch time exercise sessions give staff time to have a break from work commitments allowing everyone to unwind in this hour of strenuous activity. Different team members from different departments at Queensway are able to interact out of work and build on their team relationship in a fun and interactive way. Exercise sessions start with a warmup (usually running like a maniac to the big tree and back) and sessions finish with a relaxing cool down on the yoga mats or in my case sat watching everyone stretch off whilst I eat a ham sandwich. Gordon offers various sessions including boxing, fun interactive circuits, kettle bells, ab workouts, bums and tums and team building exercises. It is true running round the park like a mad woman or man does bring true happiness.

As a team we have recognised that better health in work is important to EVERYONE. All lifestyle health choices impact on our overall wellbeing professionally and personally. As a team we will continue to progress further by supporting one another and we will always come out on top smiling. Staff here at Queensway Dental Clinic are grateful for all opportunities put in place by management and partners. A happy team really does make a great team, don't just reach for the stars go a little further and just aim for the moon.

PS: Another great thank you to Gordon Ace!

