Making Health a Habit: An SA Police and Better Health Coaching Service Story

After receiving a blood test result showing excess fat around his liver, this participant from SA Police knew it was time to make a change. With support from his workplace and the Better Health Coaching Service, he began a journey to improve his diet, reduce processed foods, and take control of his health one goal at a time.

Why they joined the program

The decision to join the Better Health Coaching Service was prompted by a medical concern: a buildup of fat around the liver. Encouraged by his workplace and provided with the necessary contact details, he saw the program as an opportunity to take action and improve his health through guided support.

How the program helped

Before starting, his biggest challenge was modifying his diet, particularly reducing sugar intake and portion sizes. The coaching service provided reading materials and practical advice to help him gradually cut back on sugar, salt, fat, and ultra-processed foods.

Regular check-ins from his coach who he found "friendly, knowledgeable and encouraging", helped reinforce what was working and offered strategies to overcome any difficulties. The phone-based format was especially effective for his shift work schedule, allowing him to plan fortnightly calls around his availability. These sessions gave him time to work on goals and reset them with each new call.

He appreciated that the coaches tailored their suggestions to match his personal goals, offering support and ideas without pressure. The collaborative approach made it easier to stay motivated and focused.

Building sustainable habits

One of the most impactful changes was preparing food in advance to take to work. With guidance from his coach, he found healthy grazing options that suited his tastes and helped him avoid takeaway meals. This shift significantly reduced his intake of sugar, salt, fat, and preservatives.

He now follows a sensible, maintainable diet and feels better both physically and mentally. While he awaits a follow-up blood test to measure progress, he's committed to continuing his healthier habits regardless of the outcome. The knowledge he gained has empowered him to set new goals and stay disciplined in his routine.

Even after the program ended, he continues to build on the habits he developed—tracking progress monthly and refining his goals. The program gave him the tools to stay on course and improve his health long-term.

"I've already recommended the service to several work colleagues. The program gave me the tools to continue with my self-disciplined routine to improve my diet."

Want to explore how we can bring programs like this into your workplace and support employee wellbeing, improved productivity and engagement? Contact us today!

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