

Health is defined as 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity' – World Health Organisation.

Having a healthy work environment and being healthy at work isn't just about being physically fit to go to work, but it's also about your everyday happiness and well-being ☐ Take this quiz to find out where your office stands.

Everyone could use a good ole sweat session or a fun team bonding activity! [Here are some awesome team building activities to get you started.](#)