

# HEALTH AND WELLNESS IN THE WORKPLACE

*Do workplace wellness programs work? health and wellness company?.*

Physical wellness correlates with productivity, and offering benefits such as fitness memberships will result in employee retention. Anytime you have happier employees, the quality of their work will improve and productivity in the company will be increased. You can make sections for playing tennis, basketball, badminton, and so on. Hopefully, this will include studies with older or younger workers, and different types of programs that encourage participation in different ways such as financial rewards or a break on health insurance premiums. Perhaps, you could get them to give your employees a discounted rate on their food products as well. Provide training on the process of holding walking meetings The idea of conducting meetings while walking may seem like a joke to some people. Team scavenger hunt Companies like Watson Adventures can help you do the heavy lifting of coordinating a scavenger hunt. But the truth is healthy employees bring an array of benefits to the businesses they work for. The best way to arrange these meetings is to conduct them in small groups and request approval from all the attendees ahead of time. They analyzed data from nearly worksites employing nearly 33, people. Also included is secondary prevention, used to improve disease control among employees with manifest chronic conditions such as arthritis, asthma, or diabetes. These posters should not only act as a guide, though. Instead of vending machines, have fresh fruits and vegetables periodically delivered to the break room for employees to eat for free. Why not a random Wednesday in March? Let them know how they can join these clubs and then give them a schedule of the times and locations where club members will meet for a group run or walk. Who brought the healthiest lunch or who can do the most pushups? Form a budget, research ideas and get input from your employees. Spin the wheel for hitting milestones Purchase a Dry Erase Spinning Prize Wheel from Amazon that employees get to spin for prizes when they hit special milestones like achieving a quarterly goal, winning a company challenge, etc. Traditionally, corporate meetings have always been held in offices, conference rooms, or board rooms where all the attendees are sitting down. Make sure every part of your program benefits both the company and staff. The 7 Hours of Sleep Challenge For 30 days, employees track how many nights they slept at least 7 hours. Wellness adventures Like many companies, Zappos offers fitness subsidies, health benefits, and wellness reimbursements. You need to have your company create or partner up with running and walking clubs. If your company holds office parties or holiday parties then you should recommend healthier foods to the caterers of those events as well. And they never take a sick or personal day. Offer paid maternity leaves If your company is not already doing so, consider offering new mothers paid maternity leave. Install some comfortable furniture so people can set up shop away from their desks and let the creativity flow. Company retreats are a ton of fun and a great way to brainstorm new ideas to drive the company forward. Kick the habit of mandated working hours i. Sponsor a company retreat or offsite Probably one of the best wellness activities for groups you can do are retreats. And you can of course offer activities like yoga classes and massages that help people with mindfulness while working. For many employees, this little kick of flexibility could be just what they need to get more exercise, and in turn, feel better every day. In inclement weather the company covers the cost of a taxi, Lyft, or Uber ride for the walkers and bikers. Employees will likely consume whatever holiday gifts that are given to them, whether they are healthy or not. Learn what they have to offer, participate with enthusiasm, and see if it improves your health, mood, work habits, or performance. A lunch and snack program will appeal to all of your team membersâ€”since everyone has to eat! Again, Google sets the bar high with their cafeterias, offering catered lunches and snacks to team members throughout the day. Provide vendor communication materials to encourage healthy holiday gifts from vendors When the holidays come around, vendors will typically supply companies with holiday gifts that are not so healthy. Healthy and communal eating programs encourage interaction between people from different teams, and the cafeteria provides one such place where a large and diverse workforce can mingle and connect. Just be sure to tell your participants ahead of time! Here are some great online resources to get you started:. The program led to the developments of Gmail and AdSense, so it could give your team some time to let their true creative genius shine.