

Worksite Wellness

How does a worksite wellness program affect a company?

Worksite wellness programs undoubtedly benefit both the corporations and staff members. Numerous studies have found a direct link, showing that healthful staff members make happy staff members, hence increasing productivity in the workplace.



Not only are staff members who exercise more apt to be productive, but they are more likely to stay with their corporation long term. This saves companies a great deal of money in application and turnover costs.

Healthcare costs in the United States doubled between 1990 and 2001. They're expected to double again by 2012. During this time, studies have shown that adult obesity has risen as high as 80 percent in some states. This is a startling statistic. For every 1 percent in BMI, a person's healthcare costs increase by \$120.

Not only is this costly for the business but it can also be deadly, greatly raising one's chances of heart attack or stroke. Employees at risk for these two serious medical conditions cost businesses thousands of dollars more yearly than their healthful peers.

Knowing these troubling statistics allows corporations to take action. The first step is to come up with a plan on how to fight these statistics in your workplace. Most adults in this country spend the majority of their time at work.

That is why Worksite Wellness programs are so essential. Having access to an workout facility and other healthful lifestyle choices should be implemented in every company. There really is no reason not to.

One study showed that implementing a Worksite Wellness program in the workplace, lowered sick leave by 28%, lowered the use of healthcare benefits by 26%, and lowered employee's compensation claims by 30%.

Take a good look at some of these statistics. Your corporation cannot afford not to have a Worksite Wellness program.

Participating In Worksite Wellness Programs

Ways companies can improve employee Worksite Wellness participation

Staff Member Worksite Wellness programs are important to workplace benefits. Nonetheless, they don't make any difference when your employees are not participating. Does your corporation have an Worksite Wellness program that seems to be failing due to lack of participation? When so, there are creative ways that you can motivate your workforce to take control of their health, and participate in the program.

Giving program materials upon sign-up is a great way to show workers that the company acknowledges and encourages their wellness efforts. Receiving free program materials, like pedometers and exercise guides, will improve participation for workers with little time or money.

These program materials could be quite low cost when bought in bulk. Plus, the company will still be saving money because their staff members will be getting fit and there will be less sick days taken.

The toughest times when starting a new exercise regimen, are at six weeks and six months. If a person may make it to the six week point when starting to exercise, they are more likely to continue. Those first six weeks are very critical.

After exercisers have made it past the six week mark, many stick with their fitness routine until six months, at which point they often become bored or lose motivation. During these two vital times it's essential that employees have motivation to continue. One way to celebrate participants' successes is to recognize their achievements through incentives.

Incentives like a celebration banquet, certificate of achievement for making it past six weeks or six months and other tangible gift incentives, work well to improve morale and increase participation. Staff Member Worksite Wellness programs that stay involved by checking in on participants, encouraging and rewarding them, often see better results.

If your corporation is struggling to elevate participation in the staff member Worksite Wellness program, take a good look at how involved the company is in the process. Offering start-up materials and continued support will get more people on board and keep employees focused on fitness.