

6 TIPS FOR A HEALTHY WORKPLACE

As more employees take an active role in improving their health, businesses can reap the benefits of helping to facilitate their employees' healthy choices. *Did you know* that wellness programs may help drive down the cost of health care and even minimize the impact of workers' compensation claims.

Not sure where to start? **Here are 6 tips for a healthy workplace:**

1

Provide access to free workout classes to make fitness more accessible and affordable.

Employees who regularly attend group fitness classes may develop a greater sense of teamwork at the office.

2

Incorporate fitness in to daily activities to help workers stay active and productive.

For example, outfit a desk with an exercise ball instead of a chair, add anti-fatigue mats for employees to stand on while they work, or issue pedometers.



3

Implement a "mental health break" to help manage daily stressors.

Your employees could feel rejuvenated, confident and ready to work if they dedicate a short time every day for meditation, journaling or even daydreaming.



4

Supply healthy food options to encourage good eating habits.

Try making healthy food options more convenient by replacing vending machine and meeting options with fresh, healthy snacks.

5

Offer smoking cessation programs to help encourage smoke-free lifestyles.

These programs can offer employees the motivation and support to kick the habit that can directly impact their lives and their colleagues around them.

6

Offer onsite vaccinations or health screenings to help reduce the risk of common health problems.

The workplace is an ideal place to integrate lifestyle-based healthy habits, like annual flu shots or cholesterol screenings.



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