

Worksite Wellness

Health Concerns

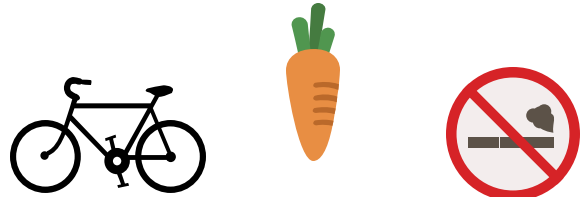
Approximately two-thirds of deaths in adults 25 and older are caused by cardiovascular disease, diabetes, and cancer.



Medical costs of treating these conditions are a major burden on individuals and employees.

Wellness Solutions

Chronic conditions that affect many workers can be prevented through efforts to promote healthy diets, physical activity, and other lifestyle choices.



Wellness is
more than
just
physical
health!

Benefits of Wellness

Worksite Wellness programs can result in:

- Improved employee morale
- Increased attractiveness to potential employees
- Decreased absenteeism and increased productivity
- Healthy role models for youth and the community



Staff Wellness Comes in
Many Forms

- Flexible hours
- Wellness incentives
- Community service
- Healthy meeting policies
- Nutrition education and promotion
- Healthy snacks and vending machines
- Scheduled recess
- Office decoration
- AND MORE!