



## REVEALED:

### Worksite Wellness WINS!

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## Health and Fitness IS business Relevant.

Did you know\*:

- Preventable illness makes up at least 70 percent of all illness and the associated costs
- Job stress is estimated to cost \$200 to \$300 billion annually in absenteeism, tardiness, and lost productivity
- Workers' compensation costs for a smoker averages \$2,189 compared to only \$176 for a nonsmoker
- The total cost of obesity to U.S. employers is \$13 billion per year
- Workplace alcohol, tobacco, and other drug use costs over \$100 billion each year

### Why address wellness in the Workplace?

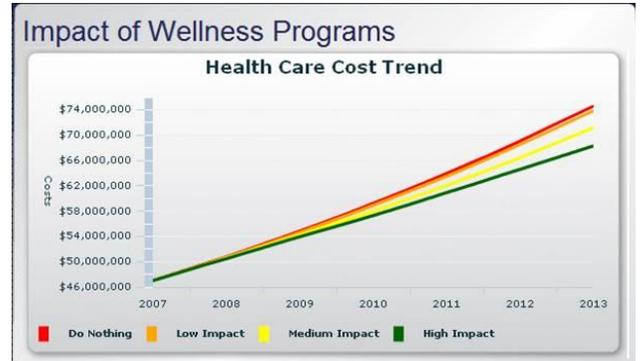
Unmanaged, poor health will definitely impact the most precious resource of an organization – the effectiveness and performance of its human capital.

### Here are five reasons to consider a Workplace Wellness Initiative:

#### Reason # 1: Health Care Costs

We spend over \$1 trillion dollars in this country on health care, far more than any other nation in the world. *The average annual health care cost per person in the United States far exceeds \$3,000 - lifetime costs per person is approximately \$225,000.*

However, because much of these costs are linked to lifestyle health habits, it is possible for employers to take positive action toward reducing health care utilization and containing costs by investing in worksite wellness or health promotion programs.

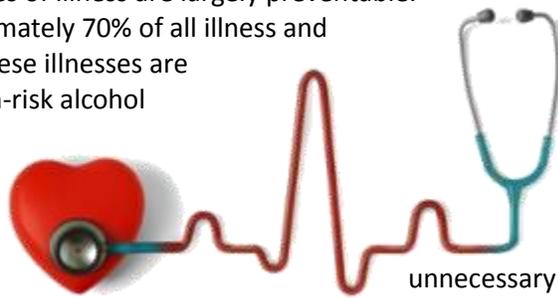


**Reason # 2: Most Illnesses Can Be Avoided**

The leading causes of illness are largely preventable. make up approximately 70% of all illness and States. Behind these illnesses are tobacco use, high-risk alcohol stress and poor

Experts suggest preventable illnesses associated costs in the United preventable factors including consumption, sedentary lifestyles, nutritional habits.

By leveraging a employers can preventing many business health promotion program; you may even save some money in the process.



wellness/health promotion initiative, take important steps toward unnecessary sickness and death. *This is why so leaders are attracted to the idea of developing a*

**Reason #3: The Work Week is Expanding and Productivity is Decreasing**

A Harvard study reports the typical American now works 47 hours a week - 164 more hours than only 20 years ago. And, if this present trend continues they suggest that an average person would be on the job 60 hours a week - for an annual total of 3,000 hours a year.

Digital devices tether millions, all but erasing the traditional and sacred boundaries of work. Where fit and healthy team members are productive the entire day, unfit workers operate at 50% decreased productivity the last two hours of their work day.



*Having a fit and healthy team member delivers a 12.5% productivity boost over an ill or physically deconditioned individual.*

#### **Reason # 4: The Technology Revolution is On**

Since 1983, American businesses have added some 25 million new computers to their operations. That doesn't count other digital devices, including smart phones, iPad's and digital recording and projection devices that we depend on, daily.

Our increased reliance on technology has introduced a new list of new health concerns including repetitive stress injuries, low back problems, and *in addition, because almost one-third of the workforce day seated at their desks and then continues their inactivity at home (sitting an average of 9.3 hours lifestyles have become a universal concern of epic*



compromised vision. *In now spend most of their trend toward per day); sedentary proportion.*

Left unaddressed, these issues can have a serious the health of employees and the company not a panacea, a well-designed wellness initiative can some of these concerns.

impact in terms of checkbook. While also help to address



#### **Reason # 5: Employee's Stress Levels are Increasing**

In a recent nationwide poll, 78% of Americans describe their jobs as stressful. The vast majority indicated that their stress levels have worsened over the past ten years.

Left unchecked, high levels of organizational stress will take a very real toll on a business. From increased accidents, to reduced productivity, unnecessary absenteeism or presenteeism, to increased medical care costs, devastating in its impact.

stress is

*Increasingly, more and more business leaders are tapping into health and fitness educators to create and manage wellness promotion programs as a means of reducing, managing, and in some instances, even eliminating harmful stressors.*

## Return-on-Investment

The ROI for enterprise wellness programs has been well documented over the past two decades.

Year-round comprehensive corporate wellness programs have shown savings-to-cost ratios of over \$3 saved for each \$1 invested. Documented savings are observed in medical costs, absenteeism, worker's compensation costs, short-term disability, and increased productivity and presenteeism (how productive the employee is during time on the job).

***An enterprise wellness program*** not only uses targeted interventions to reduce health costs, but also encourages an organizational culture that fosters vitality, motivation and synergy.

INVEST in  
*a healthy*  
WORKFORCE



*The Bottom Line on Worksite Wellness: The health and fitness of your staff is business relevant and can be very costly to ignore.*

**Linda T. Gottlieb is a nationally certified personal trainer, Cancer Exercise Trainer and author of “No Ifs Ands or Butts -[Turning the Top 10 Exercise Excuses into Fitness Triumphs](#). Her Worksite Wellness Programs, Events and Lunch & Learn Presentations are available for in person or internet delivery via your webinar platform, blog or company newsletter. She can be reached at [Linda@fittraining.net](mailto:Linda@fittraining.net) or 203-877-5270**

\*Source: WELCOA.com