

# 5 ways to keep your business fit

A simple wellness plan can keep your team energized, engaged and satisfied. Learn five inexpensive and easy ways to get your team on track with wellness.

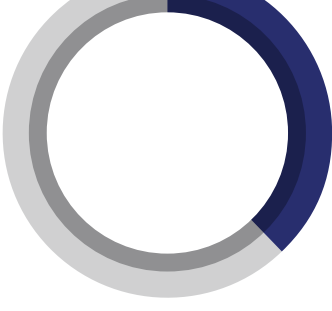


If you're a smaller business, a wellness program might seem like a benefit offering that's out of reach, but even a small program can make employees feel more engaged, loyal and healthy.

## Wellness initiatives in numbers



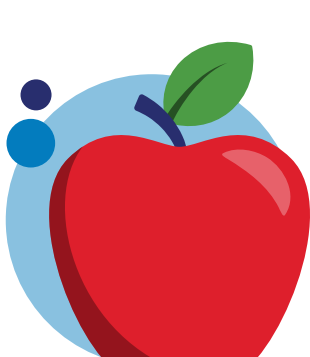
**Nearly 40%** of U.S. workers have access to employee-sponsored wellness programs.



**38%** of smaller firms offer health risk assessments for employees. These surveys can help companies build targeted wellness programs.

Source: Bureau of Labor Statistics, Kaiser Family Foundation

## How businesses benefit



While wellness programs may be more common for larger companies, there are some pros that could make them worthwhile for smaller businesses, too. In a recent survey of employers:

85% of companies report wellness programs enhance employee engagement and loyalty.

78% say wellness programs improve performance and productivity.

77% believe wellness programs mitigate healthcare costs.

Source: PWC

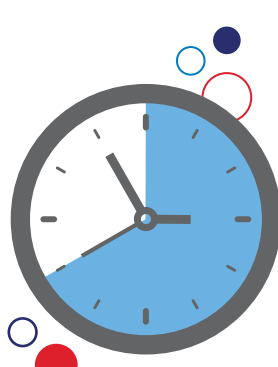
## 5 programs to consider

Here are five high-impact ways to provide wellness options to your employees:

### 1 Facilitate movement

Consider investing in movable desks that allow employees to work while standing, or encourage workers to take five-minute breaks to move around or stretch.

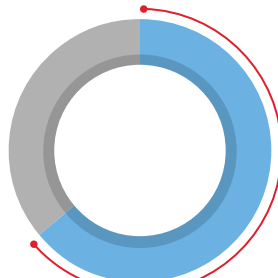
Source: Mayo Clinic



Sitting at a desk for **8 hours** (or more) per day contributes to a sedentary lifestyle and associated health risks.

### 2 Encourage wellness challenges

Office competitions can be an affordable and engaging way to bring wellness into your workplace. Some popular programs include:



**64%** of business owners offer wellness competitions.



**Daily 30 challenge:**  
Complete 30 minutes of exercise each day.



**New exercise challenge:**  
Incorporate a new activity into your routine.



**Healthy lunch challenge:**  
Eat a nutritious lunch each day for a month.



**Stair challenge:**  
Take the stairs instead of elevators or escalators when possible.



**H2O challenge:**  
Drink at least 64 ounces of water per day.

Source: WellSteps, PWC

### 3 Redefine the power lunch

Thirty minutes of daily activity can improve health and reduce stress. If there's enough employee interest, you could organize midday fitness sessions. Bring in a personal trainer, yoga instructor or start a walking group.

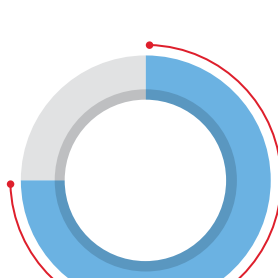


It takes **150 minutes** of physical activity per week to gain the health benefits of exercise.

Source: Department of Health and Human Services

### 4 Offer gym discounts

Reach out to local gyms, YMCAs or park districts to see if they offer group membership discounts.



Nearly **75%** of companies offer fitness discounts to their workers.

Source: PWC

### 5 Initiate healthy social outings

Instead of happy hours, organize an intramural sports team to boost morale and promote company bonding.



Adult participation in sports is increasing; it jumped **4.5%** between 2003 and 2015.

Source: Bureau of Labor Statistics, 2017

Starting up a wellness program for your employees can be an affordable way to boost employees' health and productivity.



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