

HEALTHY EMPLOYEES MAKE HEALTHY COMPANIES

Concern and care for the health and happiness of employees is essential for a company's success. Researchers have estimated that 70 % of illness in Canada is preventable but most of our country's health budget is spent on diagnosing and treating disease after it becomes manifested. Progressive workplaces are recognizing the benefits of preventative health programs and are stepping up to take care of their employees before they become ill.

In today's tough economic times, businesses are examining all means of reducing costs and payroll is a primary area of concern; wages and employee benefits are being scrutinized. But realistically some employee benefits have been proven to save a company money and increase employee satisfaction. Health Canada says that companies who have fitness programs have seen a return on investment of at least \$3.43 for every dollar invested with some companies reporting up to \$10.00 return.

Studies have shown that by improving the fitness of its employees, businesses also improved productivity, morale, job satisfaction and team spirit within its organization. The most significant benefit was in lowering the number of sick days and in reducing workplace injuries. Municipal employees in Toronto missed 3.5 fewer days in the first 6 months of the Metro Fit program. After implementing a fitness program Coca Cola reported a savings of over \$500 per employee in sick benefits in the first year.

Fitness programs provided by employers may include supplying employees with a monthly allowance for gym memberships based upon such stipulations as the requirement of using their passes at least 3 times per week, committing employees to improving their health and fitness. Active employees can also help motivate other employees who otherwise may not have been inclined to join a facility or exercise regularly.

The Public Health Agency of Canada stated that employees who are physically fit have at least 15% increased productivity over their unfit counterparts. Fit employees showed increase concentration, stamina, memory and energy.

15 million Canadians spend half their waking hours at work making the workplace the ideal location to promote and encourage good health. With illness and healthcare costs on the rise, corporate health and fitness programs make good business sense.

City Center Health and Fitness is located at 399 Main St. Penticton and offers corporate fitness programs, employee testing and Corporate memberships - contact Kirby Layng for more information 250-487-1481