



## Why make your worksite an ACTIVE Worksite?

- **Improved Health**
  - Approximate number of U.S. deaths in 1990: two highest by far are 400,000 tobacco, 300,000 nutrition/sedentary activity<sup>1</sup>
  - 91% of diabetes cases, 80-90% of heart attacks, 30-70% of cancers can be prevented completely through lifestyle changes<sup>2</sup>
  - 63% of working adults have a risk factor of no/lack of exercise<sup>3</sup>
  
- **Improved Productivity**
  - Studies found workers believed that the company's exercise program helped to increase their productivity and that 75% felt that regular exercise was helping them to concentrate better at work.<sup>4</sup>
  - Studies also found that participants were able to improve their work performance as well as enhance their concentration and decision-making powers.<sup>5</sup>
  - Numerous studies have found regular physical activity results in higher self-esteem and more self-confidence
  
- **Less Stress**
  - Physical activity improves mental health
  - Physical activity helps people handle anxiety and stress and has been found to elevate a person's mood and alleviate depression
  
- **Reduced Employee Turnover**
  - Fitness programs send a clear message to employees that management values them and their well-being.
  - Healthy employees tend to be happier and not as restless to leave
  
- **Less Sick Days**
  - Sedentary employees use over twice as much sick leave as those who get regular physical activity
  - Over five times as much workers compensation is used by inactive employees
  - Studies have shown a reduction of absenteeism rate when introducing wellness programs
  
- **Less Health Care Cost**
  - Studies show that employees who exercise as little as once a week incur healthcare costs that are one-third to one-half lower than those who don't.<sup>6</sup>
  - 10% higher annual health plan cost due to lack of exercise
  - Lack of exercise is one of the top two (poor nutrition being the other) most prevalent risk factors among employees (~ 60/100 employees are inactive)
  - It costs employers an average of \$1500 MORE per year to insure an obese employee than it does someone of average weight (take more than PA to reduce weight)
  - Study found that workers who participated in the worksite fitness program cost the firm approximately \$1,715 less than workers who did not participate<sup>7</sup>
  
- **Less Time Elsewhere to be Active**
  - Americans are nearing 50 hours every week at work

In addition to weight loss and health improvements, physical activity benefits include an improved outlook on life, reduced stress, increased positive attitude, improved social life, spiritual wellbeing, and intellectual wellbeing.

## What Missoula Employees are saying about Active Worksite Programs!



"By the employer emphasizing wellness it shows that they care about me"

"This work site wellness challenge adds balance to my life. Allowing me time to exercise during work brings a feeling of balance to my life"

"It's like my employer actually cares about my well being"

"The message that we and our employer care about one another and our well being is being heard loud and clear"

"The worksite wellness program has brought life to our offices. By walking together, eating together, and meeting on a weekly basis, I have learned that every one of us shares the same types of struggles, and now I have many friends to support me. I'm not so "down" on myself when I have a setbacks or fall off the wagon, because my co-workers are there to cheer me on and share in my joys and sorrows. I walk through our hallway just smiling because of all the bonding that is taking place as we work towards being healthier. Our camaraderie and humor is contagious, and I believe for me, has led to lifelong changes and friendships."

"Our partnership with MOVE has created an employee motivated/driven wellness program to our work site that has served to reinvigorate our employees focus on fitness and health. It has also brought a sprit of cooperation, fun and caring among the employees."



### **Physical Activity Recommendations:**

**Physical Activity:** Adults: 30 minutes of MODERATE physical activity most days/week for health benefits (60 minutes for weight loss) – this can be broken up into 10 minute increments – **PERFECT FOR BREAKS.**

### **Tips for Eating Smart at WORK:**

- **Have healthy options available during meetings.**
- **Change Vending machine options to offer a healthier selection**
- **Have a policy or understanding in place that if you are to bring a shared food that you also have a fruit or vegetable available**



<http://www.co.missoula.mt.us/healthpromo/move%20more.htm>

#### **Reference:**

1. Worksite Wellness Council of Rhode Island
2. Wellness Councils of America, 2004, Interview with Steve Aldana, Phd, Director Health Promotion Programs at BYU
3. Larry Chapman, MPH, Chairman and Founder of Summex Corporation, 2002
4. Incentive, June 1995
5. Company Employee Fitness Programs, The Association for Fitness in Business, 1991
6. Sales and Marketing Management, June 1995
7. Benefits Today, August 1992