What A Good Employee Wellness Program Should Have

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by BenedictHunter

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* higher worker productivity

* Fewer employees miss work

* Improved attitudes amongst workers

* Reduced cost of health care claims

* Better ability to retain good workers

Companies that provide their workers with benefits that help them stay happy and healthy will grow and succeed. A physically and emotionally healthy body of employees is the best way for a company to get ahead.

What can a corporation to do ensure that its wellness program will be successful?

Think It Through

Companies should encourage its work force to be more active and they can do this by providing ample opportunities for exercise. Some companies have in-house facilities such as swimming pools, corporate gyms, basketball and tennis courts and the like. If the current location doesn't have these facilities then perhaps companies can offer their employees free memberships at clubs and offsite fitness facilities.

Family-inclusive

A wellness program that includes workers' family members is good motivation for them to keep performing well. This gives off the impression that the company is truly concerned about its workers. Fitness is a family affair and what better way to sustain fitness efforts than to get everybody in the family involved?

Programs to Address Stress and Anxiety

Anxious, workaholic employees can easily get sick or succumb to emotional disorders. For this reason, a wellness program should include help with emotional fitness as well as physical training. This can come in the form of counseling, stress management classes, or support groups.

In-house health care facilities

If at all possible, provide workers with a healthcare facility in the workplace. This benefits everyone, since employees will be more likely to see a doctor before an illness becomes worse. Employers will see fewer absentees and lower medical costs.

Comprehensive Wellness Instructors

Employees who put all their energy into work-related endeavors might have trouble getting motivated to work out. Your company may want to provide them with Wellness Coaches who can keep track of their training and give encouragement when they need it. This type of instruction addresses stress and helps workers cope with that and other risky medical conditions.

Strict implementation of no smoking rules

Smoking is one of the major contributors to serious health problems and it is important for companies to be uncompromising in its rules when it comes to smoking. It isn't enough to set up rules, though. More importantly, there should be adequate encouragement and support for those who want to quit smoking. Some companies even go as far as counseling and providing medication to facilitate quitting.

Weight loss programs

Obesity is another major health risk but this can be reduced by having a well designed weight loss program. It is important that employees be encouraged to lose weight by providing opportunities for weight reduction activities. It is even more crucial that they be monitored regularly in the long term.

More Information

Benedict recommends Supplement Centre for Maximuscle and Prolab products and Dream Swing Golf Swing Trainer