

# Gympass

How to build a healthier workforce

## WHY MUST A HEALTH-DRIVEN CULTURE BECOME A PRIORITY?

Research shows that the payoff from being a health-conscious organization is surprisingly substantial. This type of work culture includes several different factors that impact general behaviour and is influenced by characteristics such as management style, workplace conditions, employee engagement, and health care benefits. Real-life case studies show that health-conscious companies outperform their goals and can even deliver roughly three times the returns to shareholders.



## IMPACTS OF A HEALTHY WORK CULTURE

- ▶ Improvement in workforce health
- ▶ Performance improvements
- ▶ Decrease in health care costs
- ▶ Improve talent retention
- ▶ Boost employee morale

And many others...

## GOALS TO PURSUE

- ▶ Improvement in health and wellbeing
- ▶ Reduction in workplace accidents
- ▶ Improvement in employee retention
- ▶ Reduction of sick days
- ▶ Increase in productivity
- ▶ Improvement of morale

## HOW NUTRITION CAN HELP TO CREATE HEALTHIER HABITS AT WORK

Food directly affects performance at work and has an impact on mental clarity and energy. A robust **corporate wellness program** encourages employees to incorporate nutrition in their lives, changing their perception about food while encouraging a more mindful approach.



Promoting alternatives for your employees which may help them make intelligent decisions about food is essential. Nutritionists can be a great resource to support you in spreading awareness and fostering healthier habits.

If you offer fresh food in your workplace, try to provide natural and organic options to make it easy for your employees to make healthy decisions.



Consider replacing social gatherings, including happy hours with activities that bring people together to learn a new skill or hobby. This will typically attract more people and reinforce your organization's dedication to promoting a more active and healthy



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