

Physical inactivity is a serious health and productivity threat!

Every organization is looking for ways to control absenteeism and benefits costs as well as attract and retain talented, high performing employees. It requires more than simply offering competitive salaries and traditional benefits. People want to work in an environment where they can thrive. A healthy workplace culture has the potential to greatly support its human resource capacity. Including fitness as part of a broader healthy workplace strategy offers the most effective way to meet organizational demands for a healthy and productive workforce.

Health Systems Group has over 38 years of experience providing professional services to assist organizations in the strategic planning and implementation of healthy workplace initiatives. Designing, developing and managing employee fitness centres and fitness programs in workplace settings is one of our core competencies. Our expertise ensures that both corporate health goals as well as individual employee needs are met. Our employee fitness services and programs benefit the organization as well as the individual.

Why fitness at work?

Exercise helps employees relieve tension and stress. It also improves physical and mental health, immune function, alertness and self confidence. Employee fitness also has significant positive effects on your business and company. It helps increase productivity, benefit cost control and employee satisfaction.

Promote positive corporate values! A quality onsite fitness and wellness program helps business' attract and retain top talent. Healthy and productive employees are keys to business success.

- At least 70% of an organization's benefit costs are incurred in six disease categories. They are cardiovascular, musculoskeletal, respiratory, digestive, cancer and stress. All of them can be prevented or moderated through physical activity and other lifestyle changes.
- 63% of Canadians are not active enough to gain health benefits. It is estimated that 60% of Canadians spend their entire workday seated, and 56% are classified as "physically inactive."
- An estimate of 7.5 million Canadians — each year, every year — actually suffer depression, anxiety, substance abuse or another mental disorder.
- As much as one half of the decline in physical function between the ages of 30 and 70 is not due to aging. Instead, it can be attributed to a sedentary lifestyle.

Making the case for employee fitness at work

In 2000, Health Systems Group developed **A Business Case for Active Living in the Workplace** under contract with Health Canada. The project involved an analysis of the research conducted in workplace settings over the last 40 years.

<http://healthsystemsgroup.com/who-we-serve/corporate-health/employee-fitness/>