

Reasons to Encourage Fitness in the Workplace

Becoming fit and maintaining good health is a goal that many individuals want to accomplish in their lives. As a manager, you are in a great position to support and encourage your workers' efforts around fitness. Promoting fitness in the workplace is positive for your workers and the organization. Encouraging your workers to embrace a fit lifestyle pays off in numerous ways.



- **Fit workers are less likely to get sick.** A person who is physically fit is generally more resistant to the “bug going around” than a person who is not fit. Reduced absenteeism and reduced health care expenditures are the result of a fit worker base.
- **Fit workers have more energy.** One of the many benefits of regular exercise is increased and sustained energy throughout the day. This energy allows workers to stay focused on the task at hand, bringing their best to each task.
- **Fit workers set and achieve goals.** Extraordinary fitness often demands that individuals set and reach goals related to their fitness. Learning to stay true to goals and see them through to completion is a skill that is naturally brought into the workplace. Workers with the proven ability to set aggressive goals, and then realize those goals, are valuable assets to any organization.
- **Fit workers are less stressed.** Regular exercise releases the physical and emotional tensions that life brings our way. Thus, a fit worker tends to have lower overall stress levels. Less stressed workers are more productive at work and tend to be sick less which saves healthcare dollars.

First Sun organizational consultants are available to assist with this and many other subjects that could affect your workplace. Just give us a call, toll free at **800-968-8143** or in Greater Columbia at **803-376-2668**.

For more information on this topic as well as other workplace concerns, please visit our website at: www.firstsuneap.com.