



Research shows that healthy employees are productive employees. According to Healthy Workforce 2010, health promotion is an investment in human capital. Employees are more likely to be on the job and performing well when they are in optimal physical and psychological health. They are also likely to be attracted to, remain with, and value a company that obviously values them. In short, a company's productivity depends on employee health. Reduced absenteeism, a reduction of employee health risks, job satisfaction, and employee morale are all part of improved productivity.



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## A healthy workforce is a productive workforce

Regular physical activity helps prevent many chronic diseases and conditions, such as heart disease, colon cancer, Type 2 Diabetes, osteoporosis, and conditions related to obesity, such as stroke and arthritis (U.S. Dept. of Health & Human Services). Each year, an estimated 250,000 deaths are attributed to lack of physical activity (American Cancer Society).

Eating habits resulting from a fast-paced lifestyle and frequent meals eaten on the run lead to diets high in fat, sodium, and calories, possibly increasing the risk for major disease. Creating a healthy lifestyle can improve one's overall sense of wellness. As a result of this wellness program the participants will learn:



How eating nutritious foods can contribute to a healthy lifestyle



Strategies for changing eating and exercise habits



Practical tips for adapting lifestyle

**Workplace wellness is an investment in human capital!**



### How the online program works:

Fifty-two, weekly focus-oriented topics provide concise, easy-to-read, evidence based information related to the following (sample) health messages:

Stress Less with Healthy Diet & Physical Activity

Body Mass Index (BMI)

Walk NJ Point to Point

Eat Colorful Foods: Fruit

Eat Colorful Food: Vegetables

Reading Food Labels: the Key to Success

Packing a Healthy Lunch

Have a Healthy Heart

Positive Attitude + Positive Relationships = Healthy Lifestyle

The Importance of Sleep

Personal Safety

Sustaining a Healthy Lifestyle