

# Strong Bodies, Strong Business: The Power of Physical Activity in the Workplace

In today's competitive business environment, it's more important than ever to have a healthy and productive workforce. One way to achieve this is to promote physical activity in the workplace.

Physical activity has been shown to have a number of benefits for employees, including:



## Strong Bodies, Strong Business: A step-by-step guide to building a sustainable business through weightlifting

by Hendrik Lambertus

★★★★★ 5 out of 5

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- Reduced risk of chronic diseases, such as heart disease, stroke, type 2 diabetes, and obesity
- Improved physical and mental health
- Increased energy and productivity

- Reduced absenteeism and turnover
- Improved morale and teamwork

In addition to these individual benefits, physical activity can also benefit businesses as a whole. For example, a study by the Centers for Disease Control and Prevention (CDC) found that companies that offer workplace physical activity programs have lower healthcare costs, reduced absenteeism, and increased productivity.

Another study, published in the journal *PLoS Medicine*, found that employees who are physically active are more likely to be engaged in their work and have higher levels of job satisfaction. They are also more likely to be creative and innovative.

The evidence is clear: physical activity is good for employees and good for business. So how can you create a more active workplace?

Here are a few tips:

- Offer on-site fitness facilities, such as a gym or a walking trail.
- Provide employees with opportunities to be active during the workday, such as by offering standing desks or walking meetings.
- Encourage employees to take breaks to move around and get some fresh air.
- Create a culture of physical activity by promoting healthy eating and physical activity in the workplace.

- Partner with local fitness centers or community organizations to offer discounted rates on fitness programs for employees.

Creating a more active workplace is a win-win for everyone involved. Employees benefit from improved health and well-being, and businesses benefit from increased productivity and reduced costs. So what are you waiting for? Start promoting physical activity in your workplace today!

Physical activity is an essential part of a healthy lifestyle, and it can also be a powerful tool for improving business performance. By promoting physical activity in the workplace, you can help your employees stay healthy and productive, and you can also boost your bottom line.



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