

Wellness in the Workplace



HEALTH AND WELLNESS will always be an important concept to the average American, but whether they act upon these feelings is the dilemma that is plaguing the nation. Many Americans work beyond the standard 9-5 work hours, even if that is just checking work emails or responding to co-workers. In recent years, the traditional 9-5 job has become a thing of the past and according to CareerBuilder, almost three in five American workers believe it is becoming obsolete in today's world. Working long hours and staying sedentary all day long at a desk can be taxing to the average employee's health. For reasons like this, more wellness in the workplace initiatives need to be implemented even if it is just doing yoga as a team outside the office for a half hour once a week or participating in a 5k as a group. Truthfully, most people consider other aspects of their lives more important and urgent than their health. Whether it is taking care of a family, having a social life, or just wanting to relax after a long day of work sometimes individuals sacrifice their own well being for more instant gratification.

There are other factors that need to be considered besides an individual's health that is at stake when there are no wellness plans offered to workers. Health care initiatives are important because multiple people are bound to benefit from it. The employee and the employer should both be invested

in good health. If you think of health like a ladder, both legs have to be strong to accomplish the task. They both have stake in the success of a wellness initiative. The employee is healthier and spends less time at the doctor. Studies have shown that an employee's moral will increase when participating in a wellness initiative in the workplace because he or she will get time to spend with their co-workers outside of the office and create new bonds, but also do it while performing an activity. The health of their employee's affects the employer because health care costs will decrease and employees will be more productive during the workday instead of feeling sluggish. Both parties are set to gain from employing wellness programs in their office. Companies like Corrigan Sports Enterprises are getting ahead of this trend and have created a Corporate Wellness Program for companies who simply do not have the time to create their own. They have different corporations register their employees as a group to participate in any of the races they offer. It is something fun the whole office can do together. Corrigan Sports Enterprises created a corporate wellness program because as a sports endurance company, they wanted to push members of the community to get active and have fun doing it. There need to be more wellness in the workplace initiatives that encourage employees to get out and be active. Your health is important, start giving it the attention it deserves. ■