

LIFESTYLE MANAGEMENT

It's all about staying fit and well by embracing a healthy lifestyle. Here are some examples of lifestyle management programmes where employees are encouraged to:



STOP SMOKING



EAT RIGHT AND STAY ACTIVE



TAKE MENTAL BREAKS AND REST ENOUGH



BENEFITS OF LIFESTYLE MANAGEMENT

When you introduce a healthier culture at your workplace, you will start to see:



Increased savings from reduced healthcare costs stretched over a longer period



Absenteeism is substantially reduced and your workforce is generally healthier



Healthier employees with reduced development of chronic illnesses



Increased productivity due to a generally healthier, happier workforce

WHAT EMPLOYERS CAN DO

To start seeing and reaping the benefits for a longer period from your workplace, you need to:



Show concern for your employee's health by offering healthy tips on staying active and eating right

Include lifestyle programmes and regular health checks as a key part of regular employee engagement practices

Adjust working schedules and premises to be conducive to workplace health so your employees don't suffer from mental stress or burnouts

