



Introducing workplace wellness programs prove to be beneficial for all those involved. This campaign will provide employers and employees with resources to help them become more aware of the importance of building healthy work environments. With this campaign, we hope to encourage people to become more active and to consider the many benefits that being active has to offer, including mental, physical, emotional, social and economic.

Employer Benefits

- 1** Enhance health of employees
- 2** Reduce stressful work environments
- 3** Improve job satisfaction
- 4** Improve workplace morale
- 5** Attract and keep employees
- 6** Reduce absenteeism
- 7** Reduce health costs
- 8** Improved productivity

Employee Benefits

- 1** Improved health and well being
- 2** Increased productivity
- 3** A healthier and less stressful work environment
- 4** Greater job satisfaction
- 5** Improve concentration during the work day
- 6** Creates healthier habits

[http://](http://www.recreationnl.com/workplace-wellness-campaign/)



For more information on workplace wellness, visit:
<http://www.recreationnl.com/workplace-wellness-campaign/>