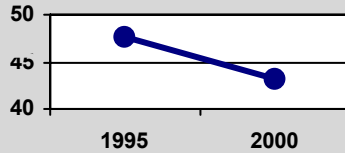


## The importance of physical activity at the workplace

Less than half of Washtenaw County adult residents (43%) engaged in 30 minutes of daily moderate physical activity in 2000, down from 48% in 1995.<sup>4</sup>



Daily Physical Activity Rates of Washtenaw County Adults

Washtenaw County has nearly half of its workforce in relatively sedentary occupations and the highest percent of populations in “management or professional occupations” in Michigan.

Increasing physical activity opportunities at the workplace is beneficial to employers, employees and the public’s health.

Help increase physical activity in our county by promoting physical activity at your workplace.

### Sources:

<sup>1</sup>Do Worksite Exercise and Health Programs Work?, The Physician and SportsMedicine Online, February 1999. [www.physsportsmed.com/issues/1999/02\\_99/shepard.htm](http://www.physsportsmed.com/issues/1999/02_99/shepard.htm)

<sup>2</sup>Exercise and the Bottom Line: Promoting Physical and Fiscal Fitness in the Workplace: a Commentary, The Physician and SportsMedicine Online, February 1999. [www.physsportsmed.com/issues/1999/02\\_99/dinubile.htm](http://www.physsportsmed.com/issues/1999/02_99/dinubile.htm)

<sup>3</sup>Physical Activity Fundamental to Preventing Disease, U.S. Department of Health and Human Services, June 2002. <http://aspe.hhs.gov/health/reports/physicalactivity/physicalactivity.pdf>

<sup>4</sup>Physical Activity in Washtenaw County, [www.ewashtenaw.org/content/ph\\_hiphast.pdf](http://www.ewashtenaw.org/content/ph_hiphast.pdf)

Higher Direct Medical Costs Associated With Physical Inactivity, The Physician and SportsMedicine Online, October 2000. [www.physsportsmed.com/issues/2000/10\\_00/pratt.htm](http://www.physsportsmed.com/issues/2000/10_00/pratt.htm)

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Washtenaw County Public Health  
Health Improvement Plan  
555 Towner I, PO Box 0915  
Ypsilanti MI 48197-0915

Phone: 734.544.6781  
Fax: 734.544.6705  
Email: [sheldonsp@ewashtenaw.org](mailto:sheldonsp@ewashtenaw.org)

Well being

The benefits of increased physical activity to employers

Finance

The impact of increased physical activity on finance, productivity and personal well being in the workplace

Productivity

# Financial Benefits



## Health care costs

Increasing physical activity at the worksite saves employers \$500-\$700 per worker annually.<sup>1,3</sup>

## Employee retention

Worksite physical activity programs result in a decline in absenteeism and turnover and an increase in employee morale.<sup>1,2</sup>

## Corporate image

Worksite wellness programs attract employees with a favorable attitude towards both work and health.<sup>1</sup>



## Injury rates

Companies that provide a worksite exercise program show decreased injury rates, including work-related and compensation claims.<sup>2</sup>



# Increased Productivity

## Attendance

Workplace physical activity programs can reduce short-term sick leave by 6-32%.<sup>1,2,3</sup>



## Productivity

Workplace physical activity programs can increase productivity by 2-52%.<sup>2,3</sup>

## Job performance

Worksite exercise program studies confirm improvements in job performance and satisfaction.<sup>2</sup>



# Personal Well Being

## Morale

Employers who offer exercise opportunities may benefit from improved employee morale.<sup>2</sup>



## Sense of well-being

Worksite fitness and health programs have shown improvement in employees' sense of well-being and perception of own productivity.<sup>1,3</sup>



## Looking and feeling physically fit

Regular physical activity helps to maintain a healthy weight and build and maintain healthy bones, muscles and joints.<sup>3</sup>

## Balance and coordination

Regular physical activity increases muscle strength and balance.<sup>3</sup>

